

LIBERALS CALL FOR FLAHERTY'S FIRING, PG 6

Celebrity Buzz

Gibson starting new life with Oksana pg 30



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metro

Sports

pg 17



Rainmen will try to re-sign coach 'soon'

• THURSDAY, MAY 28, 2009

metronews

Police lay charges of Internet lure

ONLINE CRIME A Sackville resident faces two charges of using the Internet to lure a child, police said yesterday.

Officers with the municipality's Internet child exploitation squad arrested the Toronto native in Bedford, two weeks ago after seizing a computer from his Wilson Lake Drive home, police said.

"It was an undercover operator who was posing as an online minor," Halifax RCMP spokesman Cpl. Joe Taplin explained.

"They started getting into conversation and there was enough evidence established there to obtain a search warrant."

Police said they released Michael Taboski, 31, on conditions, adding he is to appear in Dartmouth provincial court July 9.

METRO HALIFAX

Sunny Side



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Today
• Teens make videos to help new arrivals, pg 5

World premiere *Cirque du Soleil*



Promises, promises

Party leaders question opponents on platforms

PAUL MCLEOD
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Liberal Leader Stephen McNeil isn't promising balanced budgets, and said yesterday the other party leaders are deceiving Nova Scotians when they promise them.

McNeil singled out NDP Leader Darrell Dexter's vow to balance the budget as something impossible to do because no one knows how far the province is in deficit.

"You can't guarantee you're going to balance the budget, as he Stephen McNeil has. You can't."

You're misleading Nova Scotians," McNeil proclaimed.

"It would be like you saying you're going to pay off your mortgage in five years, having no idea what your mortgage is worth."

Premier Rodney Mac- Donald has said he would balance the budget this year. Dexter has said that is impossible, but his party would balance the budget starting next year and from then on.

Dexter said if elected he would immediately audit

the province's books to find out what it would take to present a balanced budget. McNeil said Dexter's promise makes no sense until that happens.

"He's promising people he's going to balance the budget when he simply doesn't have the information," McNeil said. "He's doing that because he knows he's vulnerable on the economy and he doesn't have a solution for it."

Dexter was campaigning in Cape Breton yesterday and when reached over the phone laughed off McNeil's comments.

He said the NDP platform was built to be affordable, and he would make sure his government doesn't leave debt to be paid by future generations.

"Look at parties out there offering half a billion dollars in new spending promises ... and here we are the party that has a very modest plan recognizing the very difficult time that we're under," Dexter said. "Priorities are the reason we're not doing what the Liberals are doing, which is trying to be all things to all people."

CTV erred in Dion clip: Ruling

POLITICS CTV Atlantic must admit on air that it broke the Radio Television News Director Association's code of ethics during last fall's federal election campaign, a decision released yesterday says.

The station must tell its viewers that it violated the article "regarding decency, consideration and conduct" for broadcasting outtakes from an interview anchor Steve Murphy conducted with Liberal Leader Stephane Dion leading up to the Oct. 14 vote, according to the Canadian Broad-

cast Standards Council decision. CTV Atlantic aired three false starts from the Oct. 9 interview, arguing the public had the right to see everything. The CBC said it investigated after receiving 39 complaints, many stating that Murphy's question regarding the economy was "awkwardly worded."

But the CBC says the main problem was that CTV Atlantic chose to air Dion stumbling over the question, even though the station had promised the politician that part of the

clip wouldn't be broadcast.

CTV Atlantic news director Jay Witherbee pointed out yesterday the adjudicators also found the broadcast was accurate and objective. "Four of the five codes (examined) went in our favour," he said.

"The CBC acknowledges no violation on Steve Murphy's part," he said, adding the station stands behind their newsmen. "CTV is deeply concerned by the tone and the content of the council's decision."

KRISTEN LIPSCOMB/

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Comedian to make stop at Rebecca Cohn Auditorium

Canadian comedian and actor Jon Lajoie has announced three stops in the Maritimes, including one at the Rebecca Cohn Auditorium Sept. 10 at 7:30 p.m. Tickets go on sale Friday at noon and cost \$25, plus service charges. For tickets phone 494-3820 or visit artscentredal.ca. METRO HALIFAX

Local



Clinton in town for talk

Former U.S. president Bill Clinton will be in Halifax today. He will share his insights on the global economy at the Halifax Cunard Centre from 4:15 to 5:15 p.m. Former New Brunswick premier Frank McKenna will moderate a question-and-answer period with Clinton. For information regarding tickets, visit powerwithin.com or call 1-866-994-2555.

METRO HALIFAX

Police search leads to child porn charges

CRIME A 47-year-old Halifax man has been charged with accessing and possessing child pornography after a police search was conducted at a home in Halifax yesterday morning.

A search warrant was executed just after 6 a.m. at a Heathside Crescent residence, according a Halifax Regional Police media release.

"They did get five computers as well as some other stuff," spokesperson Const. Brian Palmer said.

Police said Julian Kevin Scott was arrested without incident subsequent to the search. He was taken into custody but released later yesterday morning and is to appear in Halifax provincial court July 9.

PHILIP CROUCHER/METRO HALIFAX

metronews.ca

What's online today.

Video Poll finds national pride has most coffee drinkers choosing Tim's over Starbucks at metronews.ca/canada

Lotteries

Lotto 6/49: 3, 4, 24, 26, 29 & 49 Bonus 13
These results are not official.

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

Premier defiant in face of odds

MacDonald dismisses Grits as impact players in election, despite numbers

PAUL MCLEOD

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How many parties are in this provincial election race? Depends who you ask.

As the campaign kicked off, Premier Rodney MacDonald declared it was a "two-horse race" between his Conservatives and Darrell Dexter's NDP. A couple weeks later, a poll showed the Liberals were ahead of the Tories in second place, with the NDP in first.

That prompted federal Liberal Leader Michael Ignatieff to agree it was a two-way race when he was in Halifax last weekend. But, unlike MacDonald, Ignatieff said it was a race between the NDP and Liberals.

Yesterday, MacDonald was sticking to his earlier decree.

"I believe this is an election that will come down



RYAN TAPLIN/METRO HALIFAX

Premier Rodney MacDonald runs up the steps of Province House after his Tory government was defeated earlier this month. MacDonald still maintains that the provincial election remains a two-horse race between the NDP and his Conservatives.

to a choice between our party and the NDP at the end of the day," he told reporters after speaking to

business people in Dartmouth.

He also repeated a phrase he first said at last

week's leader's debate: "This is my fourth election. I've said it before that the other elections have gone

to Game 7. This one will go to overtime."

If that's the case, the Tories are down by a couple of goals, according to Stephen McNeil. The provincial Liberal leader said his party is very much in the race, despite what MacDonald is claiming.

"The premier is the only person in Nova Scotia who believes that," McNeil said.

However, McNeil didn't echo Ignatieff's statement. Instead he said all three parties are strong in different ridings.

NDP Leader Darrell Dexter had no interest in wading into the debate.

"If my opponents want to squabble over who's in the race and who's out of the race, that's up to them," Dexter said.

"I'm going to focus on my central message, which is we need a province that is able to keep young people here to build their future."

Witnesses sought in man's shooting death

KRISTEN LIPSCOMBE



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CRIME Police are hoping potential witnesses in the shooting death of Jerell Wright will step up to the plate and help them track down his killer.

The 19-year-old man died last week at the Queen Elizabeth II Health Sciences Centre in Halifax, a week after being shot on Clarence Street in

North Preston.

"There were people there that evening that aren't coming (forward) to police," Halifax RCMP spokesman Cpl. Joe Taplin said yesterday.

"There are a lot of rumours going (around) that this individual could have been an innocent bystander, but we don't have that information," he added.

Taplin said police know several shots were fired

May 13, adding shell casings they found in the HRM residential community have been sent to a laboratory for ballistics testing.

Police won't confirm what Wright's fatal injuries were, but several media outlets have reported he was shot in the forehead.

In his obituary, the Dartmouth teen is described as a "kind, loving (and) respectful" person who "made a difference to

everyone who was in contact with him." He enjoyed basketball and hockey and spent some time working at the North Preston Community Centre, it says.

His funeral was yesterday afternoon at St. Thomas Baptist Church in North Preston.

Major crime investigators are asking anyone with information to call police or Crime Stoppers anonymously at 1-800-222-8477.

News in brief

ACCIDENTS There were two motorcycle accidents Tuesday night in Halifax. In one, police say a motorcycle struck a pedestrian who was crossing the street near 6210 Lady Hammond Rd. around 9:43 p.m.

The 55-year-old man received minor injuries and the driver was given a ticket for failing to yield to a pedestrian in a crosswalk.

In the other incident, at 7:55 p.m. near Lady Hammond Road, police say an "inexperienced driver" crashed her own vehicle. The victim suffered a broken arm.

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July 4 & 5 2:30 Matinees
July 6 - 8 7:30 Evenings

metro

4 local

Chamber gives city thumbs up on budget

GRADING Halifax Regional Municipality's budget for 2009-10 has received a strong overall grade from the Halifax Chamber of Commerce.

In a media release sent out yesterday, the Halifax Chamber of Commerce's Municipal Affairs Committee graded the HRM budget with an overall score of B.

The chamber gave the budget an A for debt management, B for spending aligned with the chamber's strategic priorities, C for effective investment and spending and C-minus for commercial tax competitiveness. That led to the overall score of B.

In terms of specifics, the chamber said it was happy with the focused spending and debt management, and with the investment in Metro Transit and the multi-year financial strategy.

They say the budget fell short in preparing the city for the downturn in tax revenue that the chamber expects to take place in 2011.

Halifax regional council passed its budget Tuesday night, with a lone "nay" coming from Coun. Andrew Younger of East-Dartmouth-The Lakes.

METRO HALIFAX

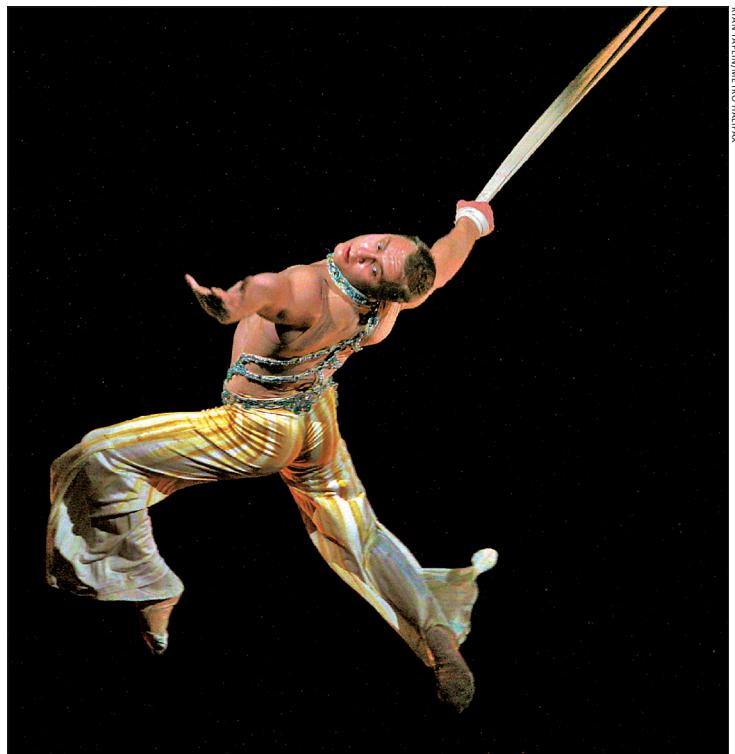
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Thursday, May 28, 2009

Bark mulch can be fire threat

Halifax Regional Fire and Emergency sent out a reminder to residents yesterday that the use of bark mulch around homes and other structures can be a serious fire threat. METRO HALIFAX

RYAN TAPPI/METRO HALIFAX



Aleksandr Dobrynin performs his Flying Man routine during rehearsal for Cirque du Soleil's touring show Alegria yesterday. Alegria opened last night and runs at the Metro Centre until June 7.

Cirque: 'It's about being upside down and flying'

Artist says show about fun and performance

COLIN CHISHOLM
for Metro Halifax



Tickets

• Cirque du Soleil's Alegria began its two-week run in Halifax last night, which was also Zoe McLean's first time performing in the world-renowned show.

"There's a lot of training but it's what we're here to do," McLean said while taking a break during an afternoon training session yesterday to prepare for last night's arena tour première. "I train like an hour and a half a day on the act and then I have other cues that involve just practising."

Even though it's her

inaugural performance for Cirque du Soleil, McLean said she's "more excited than nervous."

To prepare for the show she spends most of her

"It's about being upside down," McLean said inside the Halifax Metro Centre. "And flying and doing other things people can't, and just showing them that everything is possible."

McLean is seen as two different characters in the show — first as a nymph, which are fairy-like and graceful, and then as a Bronx, which are members of a street gang.

Although she will be doing extreme gymnastic moves on what's called a power track, she said it's not the most difficult part of the show.

"I have four minutes to get out of one complete costume, get into another costume, do the makeup and go," she explained.

The 55 artists for Alegria are a diverse group, with "at least one performer from every continent."

time on trampolines and other equipment she uses without music or costumes.

McLean said she doesn't mind training for hours each day because she's been doing it for a while now.

Competing in gymnastics for Great Britain during much of her childhood, Cirque du Soleil is more about fun and performance than precision, she said.

SuperNova posts big gains after venue switch

FESTIVAL Eastern Front Theatre's 16th annual SuperNova Theatre enjoyed its best year ever with large crowds after moving to Neptune Studio Theatre to showcase its productions.

A release by SuperNova yesterday said they enjoyed a 24 per cent increase in attendance and a 43 per cent

jump in box office sales when compared to last year.

The event previously took place at Alderney Landing Theatre in Dartmouth, but organizers went with Neptune Studio Theatre in Halifax for the 11-day May event

that gave people the opportunity to stay longer and see more shows. METRO HALIFAX

The venue is intended to be used again for next year's festival, which takes place April 29 to May 10, 2010.

SuperNova producers also attributed the success of this year's show to quick turnaround time between plays that gave people the opportunity to stay longer and see more shows. METRO HALIFAX

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Dempsey leaves CEO job at GHP

Stephen Dempsey is stepping down from the position as president and CEO of the Greater Halifax Partnership. Dempsey has held the position for 10 years and is leaving to pursue other career challenges. He will remain at GHP until his successor is found, a process which has begun. **METRO HALIFAX**



Dartmouth High students Jessy Matthews, left, and Ali Richardson perform a skit prior to the launch of the Settling into Schools video project yesterday. The project deals with the challenges immigrant students face in adapting to the Canadian school system.

Videos aim to help teen immigrants

Project raises awareness of newcomers' plight



GEOFF DAVIES
for Metro Halifax

Sometimes just saying "Hello" can make all the difference in the world for a teen who's new to Canada.

That's the message behind a collection of videos made by local high school students that will hit the airwaves soon.

Grade 12 students from Citadel and Dartmouth high schools teamed up last fall to create Settling into Schools, a collection of short videos meant to bring awareness to the struggles facing teenage immigrants.

The YMCA and Pink Dog Productions, a local video

production company, collaborated with the students to make the videos, helping them hone both their message and their filmmaking skills.

"For us (the value of the experience) was really learning as Canadians how to welcome other students to our school, and we had a chance to see their side of the story," Ali Richardson said at the video's launch event yesterday at Dartmouth High School.

Richardson, 17, was part of the class that wrote and starred in the videos.

Huachu Huang, also 17, was in the same class and helped make the video. Having moved to Canada from Taiwan about two years ago, he said he has experienced first-hand some of the issues the videos ad-

dress.

"For immigrant students, English is their second language. It's not easy for them to open up and be outgoing," Huang said.

Settling into Schools includes three public service announcements, which could soon be airing on major Canadian networks. There are also several videos for teachers to use as instructional tools, which are available online through Pink Dog Productions.

"Teachers can take (the videos) with the lesson plan, and they can change kids' minds," said Dawn Harwood-Jones, who owns Pink Dog Productions. "So these few kids here, who worked together on this project, are going to affect kids all over Canada."

Police urge thieves to return bronze bust stolen from Dal

KRISTEN LIPSCOMBE
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CRIME Halifax Regional Police are urging whoever stole a bronze bust from the Dalhousie Art Centre over the weekend to turn their prize in before they're, well, busted.

HRP spokesman Const. Brian Palmer said yesterday the people responsible for snatching the sculpture of Montreal pianist Ellen Ballon could face stiff penalties, including jail time, if they're caught. But

Information

- Anyone with information about the bronze bust stolen from the Dalhousie Art Centre is asked to call police or Dalhousie security at 494-6400.

he said police hope the theft was nothing more than a childish prank and that the jokers will promptly return the valuable piece to its rightful owners.

Dalhousie University spokesman Charles Crosby couldn't pinpoint how

much money the bust is worth, but said "it's the only piece of its kind ... in Eastern Canada." He said the unique piece by Sir Jacob Epstein was generously donated back in 1971, adding "it's got an enormous amount of sentimental value to it."

Crosby said it's believed the bust disappeared from its podium on the main floor some time late Friday night or Saturday. It weighs between 75 and 100 pounds and isn't "the easiest thing in the world to lift," he said.

New long-term care facility opens in Debert

HOUSING A nursing home in Debert opened yesterday with the capacity to house 36 people.

It is the first of 11 new long-term care facilities to

open after being promised by the government in December 2007.

The long-term goal is to create 1,600 new beds and replace 1,300 beds by

2015-16, a government news release said.

The new facility, named Debert Court, will be operated by Shannex.

METRO HALIFAX



VOTER INFORMATION



Everyone whose name is on the List of Electors for the June 9, 2009 Provincial General Election should receive a Voter Information Card (VIC)

This VIC tells you the times and places for voting and confirms that you are on the List of Electors. It's bright yellow.

If you believe you are eligible to vote and do not receive your VIC by May 29, 2009, please contact the Returning Office, at the telephone number below.

If you are on the List of Electors and bring your VIC with you when you vote, the voting process will be easier.

You can still be added to the List of Electors if you are:

- 18 years of age or older on June 9, 2009
- a Canadian Citizen
- a resident of Nova Scotia since November 4, 2008

Personal identification is required.

Contact the Returning Office to find out how to be added to the List and the polling station at which you vote.

ABSENTEE VOTING

Electors can vote by write-in ballot or at the Special or Advance polls, or on Election day. A write-in ballot is a blank ballot on which you write the name of the candidate for whom you are voting, or your party of choice. Write-in ballots are available from your local returning office now. If you are not on the List and want to vote by write-in ballot, you can be added to the List using the application for a write-in ballot and vote by mail or in person at the returning office.

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Christine McCulloch, Q.C.
Chief Electoral Officer



Francis Proulx has been found guilty of first-degree murder in the death of Nancy Michaud, a political aide to Quebec's natural resources minister. A nine-woman, three-man jury rendered its unanimous verdict yesterday after two days of deliberation. **CBC NEWS ONLINE**

Guilty verdict in death of political aide

Canada



Security czar irked by 9-11 questions

BORDER SAFETY U.S. security czar Janet Napolitano bristled yesterday when asked to explain her view of Canada as the source of the 9-11 terrorists and chided Canadian reporters for not dropping the topic of her "earlier misstatement."

Napolitano said the misstep never came up in her talks with Prime Minister Stephen Harper. It has since been echoed and amplified by other U.S. legislators, including Senator John McCain.

"Let me say once again, we know, and I know, that 9-11 terrorists did not cross the Canadian border. I regret that the Canadian media only seems to hear that," she said.

TORSTAR NEWS SERVICE

Washington Spelling to win



Speller Katelin Peters, 13, of Regina takes part in Round III of the 2009 National Spelling Bee in Washington. Twenty-two of Canada's best spellers are taking part in the international competition.

Texting blamed in crash

Police in Saanich, B.C., say text messaging was one of several factors that led to a young man's death in a recent head-on traffic collision. Michael Edward Wolsynuk, 26, died Jan. 10 after he lost control of his pickup truck on the Trans-Canada Highway. Police crash analysts later determined several factors contributed, including driver distraction after determining that Wolsynuk had sent a text message from his mobile phone just moments before the collision.

CBC NEWS ONLINE

Fire Flaherty: Ignatieff

Liberals take hawkish approach in wake of deficit

Smelling blood, Liberal Leader Michael Ignatieff and other opposition politicians seized on the Conservatives' \$50-billion deficit bombshell to accuse the Harper government of failing Canadians on the economy.

Ignatieff called on Prime Minister Stephen Harper to fire Finance Minister Jim Flaherty and sounded a new, more hawkish note yesterday about possibly defeating the Conservative minority and forcing an early election.

While Harper ignored the demand to fire his finance minister, Ignatieff expressed growing frustration with the Conservative minority government on key economic issues.

"There isn't a number that comes out of that man's mouth that Canadians can believe."

Liberal Leader Michael Ignatieff, on Finance Minister Jim Flaherty

Those include reforming employment insurance, speeding stimulus spending and the changing deficit projections. "We've got an EI crisis to which they are not responding. Second point, the stimulus is not out the door ... third,

the public finances are in free fall and he (Flaherty) can't tell us where the bottom is," Ignatieff said.

"On these three grounds, it's getting very difficult to work with the government," he told reporters after the Commons question period.

The Liberals used the revelation of the larger than expected deficit number to take aim at Flaherty, accusing the finance minister of misleading Canadians dating back to last fall as the effects of the slowdown started to bite.

"There isn't a number that comes out of that man's mouth that Canadians can believe," Ignatieff said.

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Jean has a heart, blogs have a cow

INTERNET Gov. Gen. Michælle Jean might have outraged animal rights activists when she helped slaughter a seal and eat a bloody piece of its heart while at an Inuit festival earlier this week.

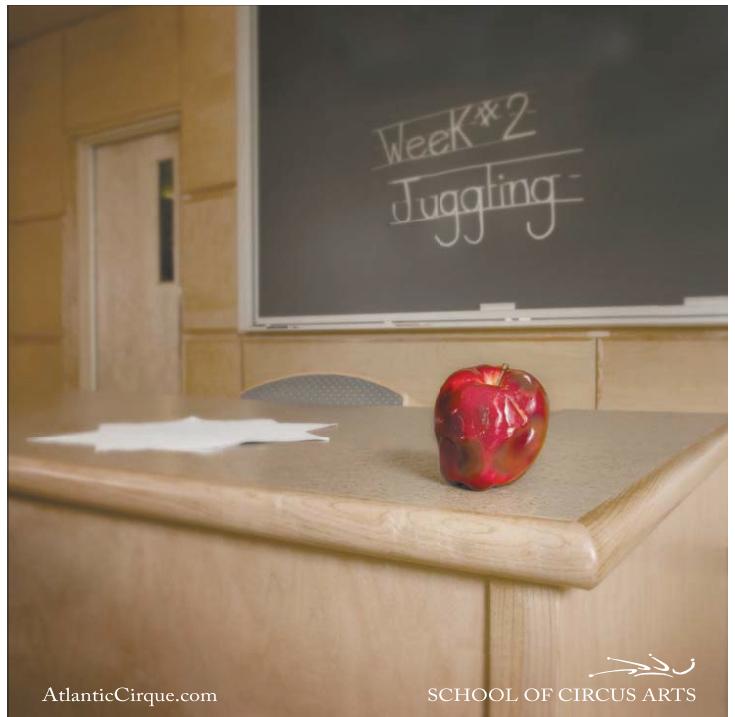
But less passionate ob-

servers favoured silliness over anger when the feeding frenzy put Canadian quirks — like our constitutional monarchy — in the spotlight and the blogosphere chattered cattily about the snack.

It appears the popular

New York City gossip blog Gawker was the first to compare Jean to the gun-toting, glasses-wearing Alaska Governor and former Republican vice-presidential candidate Sarah Palin.

TORSTAR NEWS SERVICE



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Canadian lifts off for International Space Station

A Russian spacecraft blasted off yesterday on a mission that will double the permanent crew of the International Space Station (ISS) to six for the first time.

Expedition 20 will also be the first when all five international partner space agencies — NASA, the Canadian Space Agency, Russia's Roscosmos, Japan's JAXA and the European Space Agency — are represented on board the ISS.

Canadian Robert Thirsk of New Westminster, B.C., Belgian Frank de Winne and Russian Roman Romanenko lifted off from the Russian-owned Baikonur cosmodrome in Kazakhstan as planned, an official at Mission Control outside Moscow said.

The Soyuz TMA-15 spacecraft reached its targeted orbit of about 200 to 242 kilometres above the

Suit and system tests

- The expanded crew at the space station will test the latest, fully computerized Russian space suits in space

and will also use new equipment, including a system that recycles urine into drinking water. **REUTERS**

earth, the official announced.

"Our only problem today was the weather in Baikonur. It's a bit too hot," Vladimir Solovyov, the head of space programs for the Russian segment of the International Space Station, told reporters.

De Winne will be the first European commander of the space outpost, which is worth more than

\$100 billion US.

The Soyuz TMA-15 spaceship is scheduled to dock with the ISS on Friday.

The incoming crew will join Russian Gennady Padalka, U.S. astronaut Michael Barratt and Japan's Koichi Wakata.

Space officials say that in the future as many as 13 people could be on the station at one time. **REUTERS**



Canadian astronaut Robert Thirsk before liftoff yesterday. **REUTERS**

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Studying a medieval women's magazine

HISTORY The year: 1457. Somewhere in England a woman sits by the hearth, reading snippets of medical recipes, romances and a tale by Chaucer.

The anthology, dedicated to women readers, is known today as Biblioteca Nazionale. Written in Middle English, it predates by centuries many modern women's magazines such as Chatelaine, Cosmopolitan and Redbook.

Weldon stumbled upon it while doing research on Lybeaus Desconus — one of the romance tales in the anthology.

"It really is a valuable manuscript," said Weldon.

And it reveals a lot about women in the Middle Ages.

"There are very few secular vernacular books orient-

part of a collection in the Naples Library, was likely one of a growing number of books that were produced in the latter half of the Middle Ages, says medieval specialist Dr. James Weldon, soon to be chair of the English and Film Studies department at Wilfrid Laurier University.

ed towards women," said Weldon, who presented a paper on the anthology at a meeting of the Canadian Society of Medievalists, part of the annual Social Sciences and Humanities Congress in Ottawa.

The manuscript is quite clearly directed at wealthy, aristocratic women, he said, particularly because there are references to spices such as cinnamon, which was very expensive and

hard to get then.

In total, there are 140 recipes or prescriptions in the anthology; most are medical but some are of a more domestic nature giving instructions on how to make sealing wax, quince preserve and a broth thickener.

The recipes all incorporate elements that were considered appropriate for women's activities, Weldon said. **TORSTAR NEWS SERVICE**

Baby formula becoming a hot item among thieves

THEFT

At a Pharma Plus in Toronto, assistant manager Ruth Maravilla keeps the powdered baby formula close to where she sits, puts two security tags on each can and tries to keep a minimal number of tins on the shelves. The formula still gets stolen.

"It goes missing all the time," said Maravilla. "We do everything we can, but formula is one of the things shoplifters go for." Baby formula is costly — about \$30 in powdered form.

A security guard was stabbed Tuesday in suburban Toronto when she

needed before a repair plan can be worked out, Atomic Energy of Canada Ltd. said. Isotopes have a short shelf life, so the unexpected shutdown has sent hospitals in Canada and the United States scrambling to find alternative suppliers. There are a limited number of reactors that can produce them. **REUTERS**

The document, which is

part of a collection in the Naples Library, was likely one of a growing number of books that were produced in the latter half of the Middle Ages, says medieval specialist Dr. James Weldon, soon to be chair of the English and Film Studies department at Wilfrid Laurier University.

Weldon stumbled upon it while doing research on Lybeaus Desconus — one of the romance tales in the anthology.

"It really is a valuable manuscript," said Weldon.

And it reveals a lot about women in the Middle Ages.

"There are very few secular vernacular books orient-

tried to stop a man fleeing Zellers with formula.

Dr. Deborah O'Connor, director of clinical dietetics at the Hospital for Sick Children, says feeding a baby is very expensive. "For families with low income, it can make a hole in the wallet."

A program called Women Infants and Children provides U.S. low-income families with free formula. O'Connor said it's estimated half the babies in that country are fed under the program.

"There's no program like that in Canada," she said. **TORSTAR NEWS SERVICE**

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World



N. Korea threatens South

North Korea, facing international censure for this week's nuclear test, threatened yesterday to attack the South after it joined the U.S.-led Proliferation Security Initiative (PSI) plan to check vessels suspected of carrying equipment for weapons of mass destruction.

Adding to tension in the region, South Korean media reported that Pyongyang had restarted a plant that makes plutonium that can be used in nuclear bombs.

In Moscow, news agencies said that Russia is taking precautionary measures because it fears mounting tensions over the test could escalate to war.

U.S. Secretary of State Hillary Clinton reaffirmed



South Korean pro-unification activists chant slogans at a rally denouncing the government for its decision yesterday to participate fully in a U.S.-led nonproliferation campaign, the Proliferation Security Initiative (PSI), in front of the Foreign Ministry in Seoul yesterday.

U.S. commitments to allies Japan and South Korea, said North Korea was behaving in a "provocative and belligerent manner"

toward its neighbours, and that there were consequences to such behaviour.

The UN is debating ways to punish Pyongyang for

the test, decried as a major threat to regional stability as it brings the North closer to having a reliable nuclear bomb.

REUTERS

France denies snubbing Queen

France denied yesterday that it had snubbed Queen Elizabeth after Britain said she had not been invited to a ceremony marking the 65th anniversary of the D-Day landings. U.S. President Barack Obama will be in France on June 6 as a guest of French President Nicolas Sarkozy to commemorate the 1944 invasion by American, British and Commonwealth troops that broke Germany's hold on France in the Second World War.

REUTERS

Car bomb retaliation for strikes on Taliban: Officials

PAKISTAN Gunmen attacked a police headquarters in the Pakistani city of Lahore yesterday, setting off a car-bomb that killed at least 24 people in what the government said was revenge for an offensive against the Taliban.

There was no claim of responsibility for the attack, which wounded nearly 300 people and caused extensive damage. It came after warnings of strikes in response to the army's attack

REUTERS

in the Swat region.

"I believe that anti-Pakistan elements, who want to destabilize our country and see defeat in Swat, have now turned to our cities," Interior Minister Rehman Malik said.

The bomb, which officials said was a suicide attack, brought down a government ambulance service building and damaged a nearby office of the military's main intelligence agency.

REUTERS

News in brief

ISRAEL The U.S. wants Israel to stop expanding Jewish settlements without exception, Secretary of State Hillary Clinton said yesterday, promising that Washington would push this point with its ally, Palestinian

and other Arab officials argue that Israel's expansion of settlements on land it occupied in the 1967 Middle East war undermine efforts to negotiate a peace agreement to end the six-decade conflict.

REUTERS

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UN Afghan envoy urges better U.S. co-operation

The U.S. is the biggest obstacle to co-ordinating aid efforts in Afghanistan, UN special envoy Kai Eide was quoted as saying yesterday. **REUTERS**

world 11

UN sinks forecast

The United Nations revised its 2009 global economic growth forecast down sharply yesterday, accounting for a deeper financial crisis that threatens to push unemployment past the 50 million mark.

In a mid-year update to its World Economic Situation and Prospects 2009 report issued in January, the United Nations now expects a global economic contraction of 2.6 per cent this year, compared to its prior worst case scenario of a drop of 0.5 per cent.

"The global credit crunch has continued straining the real economy worldwide," the report said.

A mild recovery in the World Gross Product is possible for 2010, but the UN

Department of Economic and Social Affairs (DESA) warned that risks of slow recovery remained.

"If financial markets do not unclog soon and if the fiscal stimuli do not gain sufficient traction, the recession would prolong in most countries with the global economy stagnating at lower welfare levels well into 2010," the report said.

DESA is forecasting 50 million unemployed over the next two years, a figure that "could easily double if the situation continues to deteriorate."

World trade volumes are expected to drop 11 per cent this year, the largest annual decline since the Great Depression, DESA said. The report also suggests if there was a more co-ordinated response to the crisis, the recovery would be stronger and swifter.

"At present the stimulus is very unbalanced. Eighty per cent of the stimulus is concentrated in developed countries, while most developing countries lack the fiscal space to provide social protection and counteract the consequences of the crisis," the report said. **REUTERS**

Activism For the birds



People dressed as birds cross a street in Mexico City yesterday. Members of Mexico's Ecologist Green Party protested on International Migratory Bird Day against the illegal trafficking of birds.

30,000 homeless in Sudan

The United Nations called on south Sudan yesterday to stop a demolition campaign it said had left more than 30,000 people homeless in the region's capital.

South Sudan's capital Juba has had uncontrolled growth since the Christian and animist region ended its two-decade civil war with the Muslim north in 2005.

In recent months, authorities from the surrounding Central Equatoria state have sent in bulldozers and demolition crews to flatten of hundreds of temporary

structures and shanty town shacks they said were not properly licensed.

The UN issued a report this week many people had not received proper warning before their properties were demolished, or enough compensation afterwards.

The peacekeeping operation mandated to watch over the implementation of the fragile north-south deal has called for the government to halt the demolitions and provide services, land and compensation to those who have lost their homes. **REUTERS**

Greenland ice melt could fuel sea rise

CLIMATE New York, Boston and other cities on the northeast coast could face a rise in sea level this century that would exceed forecasts for the rest of the planet if Greenland's ice sheet keeps melting as fast as it is now, researchers said yesterday.

The current rate of ice-melting in Greenland could send so much fresh water into the salty north Atlantic Ocean it could change the vast ocean circulation pattern sometimes called the conveyor belt. **REUTERS**

News in brief

CONTROVERSY A Myanmar court rejected most of opposition leader Aung San Suu Kyi's witnesses yesterday, a move critics said was aimed at sabotaging her defence in a trial that could see her detained for

five more years. The court allowed only one of four witnesses requested by her defence team who will testify today in the trial of a woman detained by military rulers for more than 13 of the past 19 years. **REUTERS**

"It is very unfair," said Nyan Win, one of Suu Kyi's lawyers. Critics say the trial is a charade to keep the charismatic National League for Democracy leader in detention during an election next year. **REUTERS**

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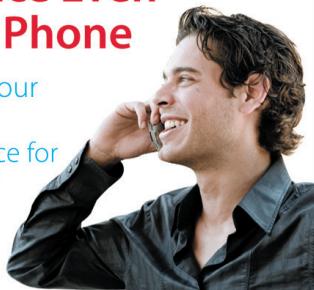
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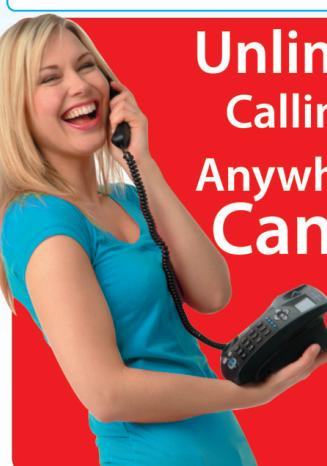


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Comment & Views

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Comment

Pin your happiness on bowling

Relating

Steve Collins

metronews.ca/collins

We spend a lot of time in this space parsing the pitfalls of life with your one and only, but what about everyone else? What about

your relationships with family and friends, co-workers and neighbours, the vaguely familiar people you pass on the street?

Harvard researcher Robert D. Putnam, in *Bowling Alone: The Collapse and Revival of American Community*, argues the connections we form with others comprise "social capital," and produce tangible benefits.

Putnam's title comes from the disappearance of once-ubiquitous bowling leagues across America,

which he sees as an indicator of a more general weakening of Americans' connections with friends, family and neighbours, and declining participation in churches, volunteer groups or political parties.

Signs of the increasing civic disengagement he chronicles south of the border can also be seen in Canada, where only 58.8 per cent of voters bothered showing up to the polls in last fall's election, our worst turnout since Con-

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

federation. We'd set the previous record for apathy, a 60.9 per cent turnout, in 2004.

All is not lost here, of course. Get your car stuck in the snow, and passing strangers are still likely to stop and push you out. That, too, is social capital.

Sure, we're social animals, and relating feels

good, but the uses of social capital aren't all warm and fuzzy richness-of-life stuff. As Putnam points out, heaps of research shows you're more likely to get a job on the basis of who you know rather than what you know. The more, and the more varied, connections you have, the easier it is to get ahead.

In terms of social capital, as Putnam measures it, the benefits of joining a club are equivalent to doubling your income. Getting married is the same as quadrupling it.

So, do you know your neighbours well enough to gossip about them? When your phone rings, are you pretty sure it's another telemarketer? When was the last time you saw a member of your family who doesn't live in the same city, or one who does, for that matter?

Are you a connected and interconnected social capitalist pig, or a lone bowler?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

The new attitude shift toward thriftiness

LifeCycle

Denise Rudnicki

Apparently I live on the cutting edge of a new trend. I don't have cable TV, air conditioning or even a dishwasher and that, says the Pew Research Center, means I am part of a "pervasive new creed of thrift" that is sweeping North America.

Pew surveyed American adults to determine what

people consider a necessity and what they view as a luxury. The study was done after the markets crashed and people started losing their houses and jobs, so it isn't so surprising there's an attitude shift. When you watch your retirement savings evaporate and cannot make your mortgage payment, that spiffy new home entertainment system does start to look like a luxury you can live without.

Choosing between necessity and luxury is easy when you decide to live on a boat. Our move to a boat in Victoria's inner harbour was a lifestyle choice, motivated by upheaval on the job front.

We do not have cable, although we do have high-

speed Internet. We have a small flat-screen TV we use for watching rented movies. There isn't room for major appliances. We rented a plot in a public garden to grow vegetables and have boxes on the dock for the herbs we like. We have library cards and use them. We do not buy anything that we do not absolutely need, which means we have not bought anything in the last six months.

Watch us. We are the trend-setters.

Denise Rudnicki is a West Coast-based writer, communications executive, and journalism instructor at Royal Roads University; drudnicki@gmail.com.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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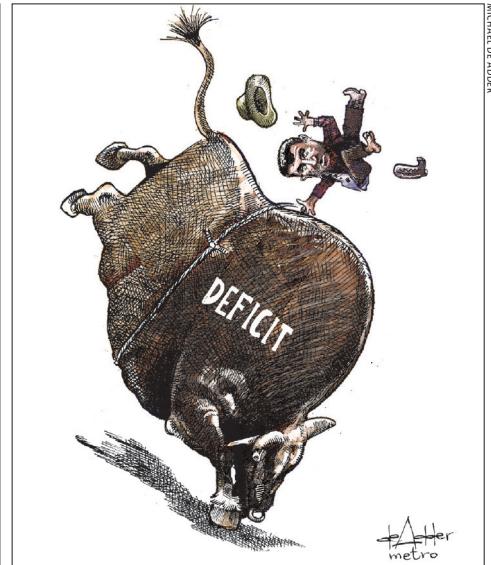
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the
say

U.S. President Barack Obama and Saudi King Abdullah will likely discuss global oil prices when they meet next week in Riyadh, the White House said yesterday. Rising crude oil costs are pushing up gasoline prices, on signs that an improving U.S. economy will boost petroleum demand. **REUTERS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

DOLLAR The Canadian dollar rallied to its highest level since early October around midday yesterday, hitting 90.11 U.S. cents, but late in the session it turned lower and relinquished a chunk of the sharp gains recorded in recent months.

BANKING Laurentian Bank of Canada reported a 16 per cent drop in its quarterly profit yesterday as provisions for bad loans rose and interest income declined, sending shares lower. Laurentian reported net income of \$21.2 million for its

second quarter ended April 30, compared with \$25.1 million in the same period a year earlier. **AUTO** Electric car maker Zenn Motor Co. posted a slightly wider second-quarter net loss as the downturn in the automotive sector hurt its revenue. For the quarter ended March 31, the company reported a net loss of \$2 million, compared with a loss of \$1.8 million a year ago. Gross revenue fell 47 per cent to \$391,227.

REUTERS



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GM tries to stay alive in Canada
Bankruptcy looming in U.S.

General Motors is desperately trying to keep its Canadian operations running as its parent heads towards bankruptcy court protection in the United States and possibly Canada during the next week, a top union leader says.

GM is even paying edgy suppliers in advance for parts to assure that production of popular models can continue at assembly plants during any court proceedings when payments might be in doubt, Ken Lewenza, president of the Canadian Auto Workers, said yesterday.

"They have indicated to us they are doing everything possible and in their power to avoid a Canadian shutdown," Lewenza said.

Chrysler LLC immediately shut down its operations in the U.S. and Canada earlier this month when it gained temporary court protection from creditors south of the border.

A temporary GM shutdown would cause thousands more layoffs here and even more damage to the reeling auto sector.

Lewenza explained GM wants to maintain output particularly at operations that build popular models, including the new Chevrolet Camaro sports car and Impala mid-size car in Oshawa, Ont., and the Chevrolet Equinox sport utility vehicle at the CAMI plant in Ingersoll, Ont.

A GM spokesperson would not comment on any production plans if the parent company pursues court protection.

But GM Corp. officials have said bankruptcy proceedings in the U.S. are probable within the next week. **TORSTAR NEWS SERVICE**

Rejection

- Yesterday, bondholders rejected an offer whereby they would exchange \$27 billion US in debt for 10 per cent of a reorganized GM.

sands more layoffs here and even more damage to the reeling auto sector.

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TORSTAR NEWS SERVICE

DAILY BUSINESS BUZZ

Subsidy extension:

Rail America wants an extension to the provincial subsidy that has provided its struggling Cape Breton and Central Nova Scotia Railway with up to \$2 million a year since 2005.

County tourism plan:

The Hants RDA recently launched a strategic action plan for Hants County that is trying to implement better ways of supporting tourism, with focuses on the Bay of Fundy.

Plans for port security:

Police plan to commit two officers to port security in the Cape Breton Regional Municipality if all goes ahead as planned with a new \$200-million container terminal.

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REUTERS



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the
Bay

Patrick Roy has turned down an offer to become the head coach of the Colorado Avalanche, opting to stay with the Quebec Remparts of the Quebec Major Junior Hockey League, where he is also the club's general manager. METRO NEWS SERVICES

Roy says no to Colorado

Sports

EDITOR: CHRIS CLEMENTS, CHRIS.CLEMENTS@METRONEWS.CA



Gagne goes home

Pitcher Eric Gagne, left, is going back to Quebec. The 2003 National League Cy Young Award winner has accepted a deal with the Quebec Capitales of the independent Can-Am League. Gagne, who converted 84 saves in a row from 2002-04 with the Los Angeles Dodgers, will work as a starter for the Capitales.

METRO NEWS SERVICES

Wings give Pens a Cup final rematch

Stanley Cup 2009 Playoffs

(Detroit wins series 4-1)

Chicago 1 Detroit 2 (OT)



Here we go again.

The Red Wings are back in the Stanley Cup finals to defend their title after Darren Helm scored the game-winning goal 3:58 into overtime, as Detroit vanquished Chicago 2-1 in Game 5 of the Western Conference finals at Joe

Louis Arena in Detroit.

In the extra session, Red Wings defenceman Brett Lebda fired a shot from the point that caromed off the active boards to the left of

Chicago goaltender Cristobal Huet. Tomas Holmstrom knocked it out of Huet's pads across the crease and Helm banged the puck into the wide-open net.

Coupled with Pittsburgh's win over Carolina in Game 4 of its Eastern final on Tuesday, the Red Wings and Penguins will meet for a second consecutive season for hockey's sil-

ver prize. Game 1 of the Stanley Cup finals is slated for Saturday in the Motor City. Detroit took the 2008 matchup in six games to claim its fourth Cup in 11 seasons.

Dan Cleary also scored for Detroit, which will try to become the first club to repeat as champions since they did it themselves in 1997 and '98. Chris Osgood made 30 saves for the win.

Detroit wrapped up the best-of-seven set last night despite the absence of two of its best players in forward Pavel Datsyuk, an MVP finalist, and six-time Norris Trophy-winning defenceman Nicklas Lidstrom. Lidstrom missed the last two games with an undisclosed lower-body injury, while Datsyuk has been out since Game 2 of this series with an injured

foot.

Chicago goalie Nikolai Khabibulin remained sidelined with a lower-body injury that forced him to exit after the second period of Game 3.

Huet made his second straight start in goal for Chicago and finished with 44 saves in defeat.

Patrick Kane had the lone goal for the Blackhawks.

METRO NEWS SERVICES

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Jays finish road trip without a win

MLB RESULTS

Jays 10 Orioles 12 (11 ings)



BASEBALL Nolan Reimold's three-run homer in the bottom of the 11th inning sent the Baltimore Orioles past

the Toronto Blue Jays 12-10 in the finale of a three-game series from Camden Yards.

Aaron Hill hit a two-run shot in the 11th to give the Jays a 10-8 lead, but the O's scored four in the home half to claim victory.

Toronto finished their road trip at 0-9, worst in franchise history.

METRO NEWS SERVICES

Sports in brief

COYOTES A U.S. bankruptcy judge has accelerated the schedule for determining whether Jim Balsillie can buy the Phoenix Coyotes and move the franchise to southern Ontario over the objection of the NHL.

STEROIDS Authorities say they've arrested a central Florida man who claims he sold anabolic steroids to pro athletes, including players

with the Washington Nationals and Washington Capitals.

TELEVISION Top-ranked Dinara Safina and defending champion Ana Ivanovic cruised into the third round of the French Open yesterday. Safina defeated Vitalia Diatchenko 6-1, 6-1, and Ivanovic stopped Tamarine Tanasugarn of Thailand 6-1, 6-2.

METRO NEWS SERVICES

Barca downs United in one-sided final

Barcelona deposed Manchester United as European champions with a 2-0 victory forged by a superb display of controlled attacking soccer in the Champions League final yesterday.

Cameroon striker Samuel Eto'o struck the opener against the run of play after 10 minutes at the Stadio Olimpico when he cut past Nemanja Vidic with surprising ease and sent a low shot past United goalkeeper Edwin van der Sar at his near post.

Argentina's Lionel Messi added the second with a rare, and perfectly timed header after 70 minutes, sealing Barcelona's third European Cup win after their successes in 1992 and 2006.

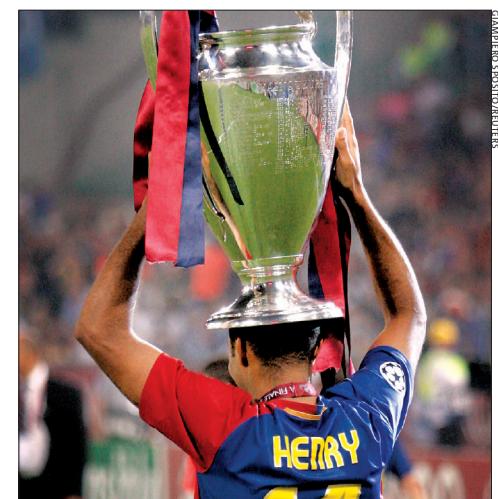
Victory also completed a European and domestic treble for Barca in an extraordinary first season for coach

Pep Guardiola, who ended Alex Ferguson's dreams of making United the first side to retain the European Cup in the Champions League era.

The match, hailed as a "dream final" between two of Europe's greatest clubs, could not live up to its expectations because United were so far below their best.

They did have their chances, especially in the first 10 minutes, but they could not reproduce the power, authority and precise passing that had already brought them three trophies over the course of the season, including the Premier League title.

United manager Alex Ferguson told ITV afterwards: "I think the first goal was a killer for us ... in fairness, we were beaten by a better team."



Barcelona's Thierry Henry holds the trophy after winning the Champions League final 2-0 against Manchester United yesterday at the Olympic Stadium in Rome.

PHOTO BY GREGORY C. MEEHAN/ASSOCIATED PRESS

Volunteers needed for canoe-kayak championships

Organizers for the world canoe-kayak championships, scheduled for Aug. 13 to 16 on Lake Banook in Dartmouth, are looking for volunteers. A variety of positions are available and more information is online at canoe09.ca. **METRO HALIFAX**

Local fighter headed back into battle

Cole Harbour's T.J. Grant signs contract for Ultimate Fighting Championship match

MATTHEW WUEST
matthew.wuest@metronews.ca

It's not quite what he was hoping for, but T.J. Grant has booked his next Ultimate Fighting Championship bout.

The Cole Harbour mixed martial arts fighter signed a contract late Tuesday night to face Rory Markham on June 20 in Las Vegas as part of The Ultimate Fighter 9, a Spike television series. The bout will likely be part of the undercard.

Grant had initially been slated to face Martin Kampmann (15-2) on the main

card of the same event, but Kampmann backed out after his manager initially agreed to the fight.

"He's coming off a really big win and I really don't have as big a name as he wants," said Grant. "I can see where he was coming from. I'm new to UFC and an unknown to mainstream fans, so he thought the risk outweighed the reward."

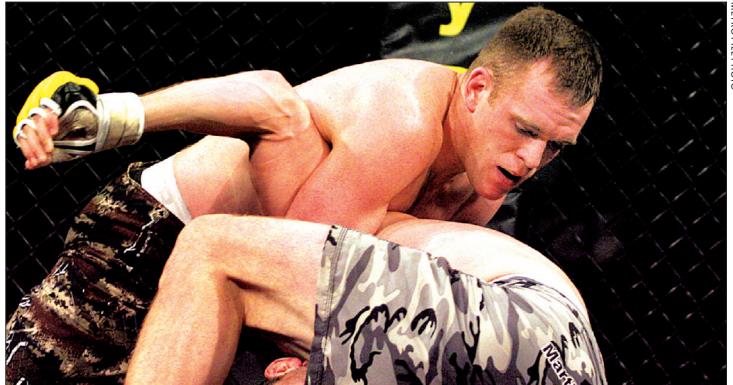
Grant won his debut against Ryo Chonan at UFC 97 last month. He was eager to face Kampmann on the main card, as Spike's live coverage would have put him in the spotlight. The undercard might not pro-

vide the same opportunity.

Markham is 16-5 with 11 knockouts and is 1-1 in UFC bouts. His fights don't usually last long, win or lose.

Grant, 14-2, took a week of vacation to the Dominican Republic after winning last month's UFC debut. His manager, Scott MacLean, was getting married, and Grant was happy to get a much-needed week away to relax.

"I haven't really gotten to do something like that for the past few years, so I made sure I did," Grant said. "I needed it. I got right back to training when I got back. I feel good."



Cole Harbour's T.J. Grant, seen here grappling with Chad Reiner, has signed a contract to face Rory Markham on June 20 in Las Vegas.



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Sports in brief

FOOTBALL Dartmouth's Gordon Sawler of the St. Francis Xavier X-Men has signed with the Toronto Argonauts. Sawler, drafted in the fifth round (34th overall) in the CFL draft earlier this month, will be on the field when the Argos open training camp next week in Mississauga, Ont. The six-foot-four, 280-pound offensive guard helped St. F.X. average 168.5 yards per game last season.

BASKETBALL The Dalhousie Tigers have recruited another MacNeil. Trish MacNeil, the younger sister of former Tigers first-team Atlantic University Sport all-star Kate, has committed to the Tigers' women's basketball team. The Halifax native is a long-time member of provincial youth teams and won back-to-back Nova Scotia high school titles with the Citadel Phoenix in 2008 and 2009.

METRO HALIFAX

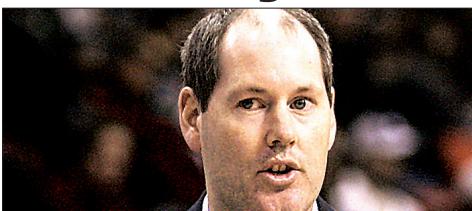
Rainmen look to re-sign coach

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Rainmen are hoping to wrap up negotiations to bring back head coach Les Berry "soon."

Rainmen owner Andre Levingston has been working on bringing Berry back since the Premier Basketball League season ended in March. Levingston hired the Halifax native in February after firing Rick Lewis 11 games into the season.

"I'm getting a lot of phone calls for this position," Levingston said. "I don't want my summer interrupted by people calling from all over the place trying to get an interview for this job. It's something we've got to make a decision on very soon."



The Halifax Rainmen are working to bring back coach Les Berry, above. Owner Andre Levingston says he expects a decision soon.

Berry's terms of employment in 2009 did not include scouting and recruiting, but Levingston has said he wants that to change if Berry is brought back. That could affect Berry's desire to keep the job from infringing on his family time. The two have been trying to find common ground on that front.

The Rainmen recently listed Berry as a coach in

their series of summer camps and tournaments for youth.

"Coach and I are still hammering out some details," said Levingston. "Things look good. We've got some things to work through and we're in discussions now."

Berry posted a 6-3 record after taking over, but was unable to guide the gifted Rainmen to the playoffs.

Mooseheads promote consultant to be assistant general manager

QMJHL The Halifax Mooseheads have promoted consultant Bob (Tipper) LeBlanc to assistant general manager.

The former Saint John Sea Dogs general manager will join Mooseheads GM Cam Russell as part of a revamped management team heading into next week's QMJHL draft.

"He helps my transition run a little smoother," said Russell. "He has the experience of being a past general manager so a lot of questions I have, he's a guy I can ask and bounce ideas off of. I think we'll work well together as a team."

LeBlanc spent a season and a half with the Sea Dogs before resigning in December 2006. He was responsible for bringing

"He has the experience of being a past general manager so a lot of questions I have, he's a guy I can ask and bounce ideas off of."

Cam Russell

in Alex Grant, Yann Sauve, Chris DiDomenico and David Stich in the expansion franchise's early days.

He served as chief scout with the Mooseheads from 2000 to 2005 and returned as a consultant in August 2007.

MATTHEW WUEST
/METRO HALIFAX



Avoid injury
To avoid a back injury when golfing, bend your knees and lift your golf bag using your legs and not your back. NEWS CANADA

Golf Nova Scotia

ADVERTISING FEATURE

Two new golf programs available

Thousands of Canadian youth will now have the opportunity to be introduced to the game of golf as a part of their elementary school physical education curriculum with the launch of the National Golf in Schools Program.

Developed by Physical and Health Education Canada in partnership with the Royal Canadian Golf Association (RCGA) and the Canadian Professional Golfers' Association (PGA), the National Golf in Schools Program has been designed to give elementary

school teachers, regardless of their golf background, the chance to deliver required physical education learning outcomes through the sport of golf.

"The National Golf in Schools Program is a tremendous

opportunity to introduce hundreds of thousands of children to the game of golf through the physical education curriculum at Canadian elementary schools," said Scott Simmons, RCGA executive director and CEO. "The program creates a vital link between the education community and the golf community so that teachers, students and parents can gain better access to and familiarity with this wonderful lifetime sport that not only encourages physical activity but a very strong sense of core values."

Provincial golf associations will also offer a variety of Golf in Schools activations, including sending qualified golf professionals to schools, conducting teacher orientations and organizing field trips.

"The Canadian PGA is extremely pleased to be an integral part of the development of the National Golf in Schools curriculum and believe that this program will only further shift Canadian PGA members as the natural enhancer on the pathway to success for these young students, as they

progress from the initiation phase to participating at golf facilities staffed by Canadian PGA professionals," stated Lindon Garzon, president of the Canadian PGA.

As part of its development, the program was test-piloted at 13 schools across Canada and expects more than 300 schools to sign on for the program in its first year.

Schools interested in participating will be charged \$175 for the complete Golf in Schools program package, which includes the learning resource and specially designed child-friendly golf equipment. The RCGA will subsidize the balance of the \$475 total program cost.

RCGA Golf Card

The RCGA Golf Card is a card-based rewards program for golfers. With a RCGA Golf Card you earn points called Eagles and Birdies at more than 200 participating golf courses. Those points, in turn, get you a free round of golf with every five rounds played, as well as other free gift vouchers.

The RCGA Golf Card also comes with a 50



With a RCGA Golf Card, members can earn a free round of golf with every five rounds played.

per cent off green fee trial voucher for each and every course in the program. These half-price vouchers are intended to reward early season or late season play. As such, they are valid only before or after certain dates early on or later on in the season as determined by each course.

RCGA Golf Card members can also redeem their Air Miles reward miles for free rounds of golf any time they choose.

For more information on these new programs, contact the Nova Scotia Golf Association at 902-468-8844 or nsa@ns.alianz.ca.



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Cirque du Soleil will be performing its show, *Alegria*, at Halifax Metro Centre until June 7. For tickets, call 902-451-1221. METRO NEWS SERVICES



Travel Maritimes

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Take a 'stay-cation'

COLIN CHISHOLM
for Metro Halifax

It's not cheap to vacation abroad, and with the recession making things even tougher financially for some, many people could decide to stay closer to home this summer.

But with a multitude of things to do throughout the province and Maritimes this summer, local tourism officials are hoping more people will stick around their city or province and spend their vacation money here.

It's what Nova Scotia tourism officials are calling a "stay-cation" — an

attempt to boost revenues for Nova Scotia's tourism industry and encourage people to discover their own province.

"In this economy, people are watching their money more closely," said David Denny, communications adviser for Tourism Nova Scotia. "But people still want a vacation, they still want that time off."

Denny said Nova Scotians will start seeing more television ads directed at them to promote staying home and "exploring their own backyard" instead of travelling to another part of the world.

Some of the ads feature

people who live in the province exploring and working in Nova Scotia. He said some of the events highlighted include white water rafting, buying lobster and visiting historical sites.

There are also major events to promote, such as the tall ships festival.

A flight from Halifax to Paris on aircanada.com could cost just under \$2,000, depending on when you're flying and the number of stopovers.

When including the cost of hotels, food, and other expenses, the price of a Parisian vacation can add up to even more. Compare that to a vaca-



People snap photos of the tall ship Argentine training frigate A.R.A. Libertad as it sits in the Halifax Harbour in May 2007. Another tall ships festival is taking place in Halifax this summer.

tion around Nova Scotia, and the price becomes far less.

This is something Nova Scotia tourism officials

hope to cash in on during this slow period in the economy.

Denny does admit the recession has hit the

tourism industry in Nova Scotia, but said that, in general, it is relatively resilient because of its broad appeal.

Make most of road trips

Year after year we see a shift in travel trends. Recently, vacationers have moved away from week long vacations to more affordable three- and four-day getaways. Whether by choice or necessity, 2009 has embraced the ways of the frugal traveller.

Road trips are a great way to stretch a vacation budget and show children the Canadian landscape. No matter which direction you chose to travel in, vacationing families will find an array of things to see and do across Canada this summer.

Here are some tips to help ensure you make the most out of your trip:

Plan ahead. Know your route and plan fun activities along the way — virtually every destination has an official tourism website or Chamber of Commerce highlighting seasonal events to help build your vacation itinerary.

Take your time. Make stops along the way and enjoy the route. Tip: Give each child a journal and disposable camera to record their memories along the way.

Play it safe. Schedule a tune-up to ensure your vehicle is in top shape before hitting the road.

Eat well. Enjoy local foods and pack healthy snacks for the kids.

NEWS CANADA

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20 travel maritimes



Catch some comedy

Comedian Russell Peters, left, will be at Halifax Metro Centre on June 9. For tickets, call 902-451-1221. METRO NEWS SERVICES

Plan your summer with this handy list of what's happening in Halifax

Here are some events taking place in Halifax this summer.

- **June 12-14:** Halifax Greek Fest

- **June 26-28:** Multicultural Festival
- **July 1-8:** Royal Nova Scotia International Tattoo, Halifax
- **July 11:** Sir Paul McCartney,

- **Metro Centre**
- **July 10-18:** The Atlantic Jazz Festival
- **July 18:** Kiss, Halifax

- **Halifax Common**
- **July 16-20:** Tall Ships Festival, Halifax waterfront
- **July 18:** Kiss, Halifax

- **Common**
- **July 19-26:** Halifax Pride Festival
- **Aug. 6-16:** Halifax

- **International Buskers Festival**
- **Sept. 17-26:** Atlantic Film Festival

— COLIN CHISHOLM/
FOR METRO HALIFAX

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GETTY IMAGES FILE PHOTO

Sir Paul McCartney will perform at Halifax Common on July 11.

Halifax concerts hot ticket

COLIN CHISHOLM
for Metro Halifax

"As people come out of the long winter, they're looking for some nice weather and to get out there and enjoy life a little bit."

David Denny

It's going to be a big summer for Halifax this year, with multiple concerts, festivals and special events planned.

Fact is, it can be hard to keep track of it all.

Some of the big events include two concerts on the Halifax Common — Sir Paul McCartney and Kiss — the tall ships and busker festivals and a slew of other live performances and activities.

With Nova Scotia and Halifax still recovering from the recession, the tourism industry has taken a hit as many people decide to stay home until the economic climate stabilizes.

The number of travellers to Nova Scotia in the first half of 2009 was down, but

businesses and tourism officials hope that this busy summer will change that trend.

Tourism Nova Scotia communications adviser David Denny said tourism is still holding its own because it offers a variety of venues, saying big shows like McCartney and Kiss transcend generations and should draw a large diverse crowd.

"This is generally our busy time," Denny said, referring to the summer months. "I wish I had a crystal ball to say what is going to happen, but I think as people come out of the long winter, they're looking for

some nice weather and to get out there and enjoy life a little bit."

Denny said people going to these events will also support local restaurants, hotels and shops, which will bring lots of new revenue to the city.

"People may be in town to see Paul McCartney," Denny said. "But with other events going on, they may decide to stick around and check out a few more."

Halifax does face some competition from other areas such as Moncton, which is hosting two mega concerts of its own — Bon Jovi on June 27 and AC/DC Aug. 6.

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travel maritimes 21

10 cost-saving tips

Families vacationing on a dime this summer can save a bundle with these 10 cost-saving tips.

1 Free breakfast: Vacationing families can save up to \$20 each day by seeking out and taking advantage of complimentary breakfast service at their hotel.



Families looking to save money on their vacation this summer should ask the concierge if the hotel offers discounts or coupons.

2 Free Internet: Choosing a hotel that offers free Internet allows for easy research of area sights and attractions. Wi-Fi Internet capabilities are not always included in room fees.

3 Incentive programs: Take advantage of incentives. Gas rebates and promotional offers are great ways to recoup transportation costs and plump up your spending budget for destination activities. You can learn about cost-saving promotions online at choicehotels.ca.

4 Loyalty rewards: Cash in on loyalty reward programs; they are the gifts that keep on giving. Members of loyalty reward programs earn free night stays, merchant gift cards, gas rebates and more.

5 On-site amenities: Look for destinations offering on-site amenities that will both accommodate and entertain your family. An on-site swimming pool or a games library can be a real sanity saver on a rainy vacation day.

6 Free parking: Ample free on-site parking saves travellers a bundle, freeing up funds for family fun.

7 Area attractions and coupons: Take advantage of area festivals; ask the concierge if your hotel offers discounts or coupons to guests visiting area attractions.

8 Hotel promotions: When booking your stay, ask the reservation

agent about any current promotions that may be available. Remember: Many discounts are available year-round thanks to business partnerships like those Choice Hotels share with CAA/AAA and Avis rent-a-car.

9 Kids stay free: It's an oldie but a goodie. Many hotels still offer a "Kids Stay Free" program for guests under 18 travelling with a parent.

10 Plan ahead: Many cities become hot-spots for entertainment during the summer months and many hotels offer advance booking discounts, proving a little planning can go a long way in stretching the family travel budget.

NEWS CANADA

VIA putting focus on history of Maritimes

This summer, travellers will once again become immersed in the romance of Canada's Maritime provinces with the return of VIA's Easterly Class: A Maritime Learning Experience.

From June 15 to Oct. 18, the unique rail journey will kick off its fourth straight season following years of positive reviews from travellers around the world.

The Easterly Class is a seasonal upgrade to its already existing sleeper class on the Ocean. Operating year-round, six times

per week in each direction between Montréal and Halifax, the learning component upgrade is featured throughout the summer.

On-board learning co-ordinators schooled in the history of the Maritimes and familiar with everything from regional wines to lobster trapping make the excursion a special educational experience. Maritime décor is also on display throughout the train, including in sleeping compartments.

The sleeping accommo-

dations in VIA's domed-observation Park Car, which include a triple and quadruple bedroom, is available for booking by couples as well as families for an additional surcharge.

All meals on board — three in total from Montréal to Halifax — are included in the ticket price for Easterly Class passengers and feature impressive cuisine inspired by local specialties and products.

More information is available at viarail.ca.

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Metro Homes

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EVA LAM
for Metro Canada

Spring has sprung, and for many, that also means it's time to break out the paint rollers, dust off that measuring tape and start perusing the homeware catalogues.

Looking for ideas to give your digs a fresh look? We asked Margot Austin, senior design editor for Style At Home, and Tara Dalla-Nora, principal designer of the Toronto-based Inner Luxe, about this season's hottest home design trends.

1 Sunny hues: "I always suggest for spring and summer to do fresh citrus

colours, like yellow-green," says Dalla-Nora. Shy about putting bold colours on walls? Bright yellows are also popular for accent pieces like vases, pillows and lamps.

2 Textured wallpaper: One of the biggest trends for wallpaper has been grass-cloth, "Papers with really natural earthy textures — almost fabrics that are backed with paper," says Austin. Grass-

Lighten up your furniture with glass pieces, such as these decorative handblown glass vases (\$9.99-\$14.99 at HomeSense, homesense.ca).

3 Textured wallpaper: One of the biggest trends for wallpaper has been grass-cloth, "Papers with really natural earthy textures — almost fabrics that are backed with paper," says Austin. Grass-

Lighten up your furniture with glass pieces, such as these decorative handblown glass vases (\$9.99-\$14.99 at HomeSense, homesense.ca).

4 Rough-hewn edge: "I am seeing a really strong trend toward things that look handmade, a little more primitive in construction," says Austin. Referencing either a factory or an old schoolhouse is a popular look that can be achieved with oversized clocks or large pendant

cloth wallpapers are even available in non-neutral colours such as navy or lavender.

5 Light woods: After years of dark woods, home furnishings are seeing the light again with lighter-coloured woods, such as birch and maple. Another tip: "Lighten up your furniture with metals or by having a few occasional glass pieces in there," says Dalla-Nora.

6 Ethnic-inspired prints: "Ikat prints are quite popular right now, as well as a lot of prints inspired by, say, Indian traditional textile-making, like block prints," says Austin. Her tip for incorporating prints into your home: Buy a length of fabric, wrap it around a pre-stretched artist's canvas, and you've got a unique piece of art to hang on your walls.



Fresh citrus colours are hot for spring and summer, as seen in these Sunnan solar cell power work lamps (\$19.99 each at Ikea, ikea.ca).

lights that look as though they came off a factory floor.

6 Retro with a modern twist:

"You don't want to go too overboard with retro, but adding a couple of retro elements is always really nice," says Dalla-Nora. She suggests pairing a few pieces of furniture from the '60s or '70s with more modern pieces, or using fabrics with a retro geometric pattern.

7 Bring the indoors outdoors: "As Canadians, the first sign of summer,

we want to get outside and live outside," says Austin. She's seen a rise in fully-furnished spaces in yards, from outdoor kitchens — equipped with fridge and sink — to outdoor fireplaces.

"It also speaks to the trend of really making use of the space you already own," she adds. "Who needs a cottage if you can make your backyard function as if it's a retreat?"



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A long, hard search for a good mat

HomeScape

Sylvia Putz

metronews.ca/homescape

Do you wince when you see grimy kitchen mats? And if you decide to get a newer model for your home (or a friend's



home), do you wince again when you survey the uninspiring assortment of mats at the local houseware store?

I don't know about you, but the images of ducks done up with blue ribbon are just a little cutesy for me.

What to do? Many of the kitchen mats currently available lack a certain style quotient, to put it mildly, but they may save your back and prevent your legs from aching as you do your kitchen chores, especially on hard tile floors. Moreover, these mats

After looking around a little, our columnist was able to find many ugly kitchen mats, but — surprise — a few very attractive ones came out of the woodwork too.

will soak up water drips and hold scraps of peelings or crumbs that fall to the floor. This way you can shake out the mat rather than walking through the wet mess and spreading it all over the kitchen.

They're a fantastic idea, but do they have to be so ugly?

Well, after looking around a little more thoroughly, I found many more ugly ones, but — surprise — a few very attractive ones.

One product I noticed was a natural-looking woven vinyl mat, complete with elegant woven edges. There are a few different manufacturers, but one of the most price worthy rugs I saw are from a Toronto-based company called The Tate Group, formerly MacFABhome. They can be bought at selected retail locations across Canada — info@macfabhome.com or info@thetategroup.com to inquire about retail locations.

These rugs range in price from \$24 to \$300 de-

pending on the size of the mat, and are backed by cushy rubber backings. There are six standard rectangular sizes, which run from the smallest (door-mat) at 20" x 28", to the largest (large area rug), at 54" x 96". Also included in the selection is a hall runner, which measures 28" x 84".

The natural woven look of these mats come in several different textures, including a coarser weave, a tighter weave, and several different patterned weaves. And they come in a variety of muted colours, including reed, terracotta, black walnut, twig, sand, midnight and praline. Check The Tate Group.com to take a look at the colours, or better yet visit a retail location to check the look and feel more closely.

I noticed other similar synthetic products, such as the Chilewich mats from a New York-based company. They're equally lovely with more of a selection in terms of colour and pattern, and the mats

can be customized to fit a specific space. However, be prepared for a higher price tag; they range from \$360 for a 3' x 5' mat, and up to \$600 for a 5' x 10' mat. Bindings around the outside are extra.

They're carried at retailers like Elite in Toronto. Check chilewich.com for more information about other retailers across Canada.

Of course, natural mats of grass and straw can be lovely as well, and they might do just about anywhere else. But not in a kitchen. Cleaning is a necessity here, and natural

grass or straw just doesn't stand up to the abuse. Vinyl rugs are water and stain resistant, and can be used both indoors and outdoors since they are resilient to mould and mildew. They can be wet mopped and vacuumed, and tough stains can be treated with mild detergent and a little elbow grease.

Just don't put them on a heated floor, or you may have a goopy mess on your hands.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Research key when hiring a contractor

JON TATTRIE
for Metro Canada

When you hire a contractor to renovate your home, you are going to spend a lot of time with him and his crew, and even longer with the final work. Choosing the right contractor is critical.

Michael Gough of the Canadian Home Builders Association says homeowners want to know the project will be done properly, on time and at the agreed-upon price.

The best way to ensure that is to get a contractor you can trust. Check with friends and family for recommendations. Your local Home Builders Association will have a list, or look at ads and the phone book.

"When you locate contractors based only on ad-

vertisements, you need to take extra care to get and follow up on references," Gough cautions. Get at least three past-customer references — and call them.

"Some consumers wonder about the value of contractor-provided customer references, assuming they won't be given the names of dissatisfied customers," says Gough. "While there is certainly some truth to this, don't underestimate what you can learn about a contractor, even when talking with satisfied customers."

Next up is the interview stage. Get your contractor's history: How long she's been in business, her experience doing jobs like yours, how her company operates (for example, do they have their own staff or regular subcontractors?) and get a ballpark



Before hiring a contractor, you should check their references as well as for proof of business liability insurance, Workers' Compensation coverage, bonding and business registration, advises Michael Gough of the Canadian Home Builders Association.

estimate on the cost and time.

"If you find you are not comfortable talking with them, or they are not able to answer your questions adequately, they are probably not the right contractor for you," advises Gough. "Don't hire them."

When you've got your

contractor, check for proof of business liability insurance, Workers' Compensation coverage or equivalent accidental injury insurance, proof of bonding and/or licensing and proof of proper business registration. Why? If you've got a fly-by-night operation not properly in-

sured and it goes wrong, you're on the hook.

"What would happen if someone you hired accidentally damaged your property or the property of one of your neighbours? Or if someone was injured? Your contractor could end up costing you money," Gough says.

The Canadian Mortgage and Housing Corporation warns it can take two to three weeks for a contractor to prepare an estimate. Make sure the contractor provides you with a construction schedule before work starts, so you have a clear idea how things will unfold, it says.

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Polar Ice Vodka is launching their second Special Edition Canadian AIDS Society bottle — with each bottle sold, \$1 is donated to the charity. In June, they're on the hunt for next year's bottle artist. Visit cdnaids.ca/polarice/index.html for details on submitting your design. METRO NEWS SERVICES

Food

Choose rhubarb stalks that are firm and crisp. If plucking from your backyard, twist off stalks rather than cutting. Pick slender stalks — one should yield about 1/2 cup (125 ml) chopped.

BARB HOLLAND/FOR METRO CANADA



Careful

Avoid eating the leaves as they contain a potential toxin called oxalic acid.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Crazy over this crumble

Easy as pie? Actually it's easier, and it saves some extra calories and fat

À la carte



Barb Holland

metronews.ca/alacarte

It's spring, and the appearance of local farmers' markets signals the beginning of the best time to eat seasonally.

When you shop at farmers' markets, you get the healthy benefit of eating foods at their nutritional peak and at their tastiest; as well as reducing your carbon footprint and supporting local growers. Check with your provincial association and havestcanada.com to find your closest market.

Recognized by its large, green elephant ear-like leaves and long stalks, rhubarb is one of the earliest crops to push its way out of the ground, usually found until July.

Rhubarb Strawberry Crumble

A crumble is simply fruit topped with a mixture of sugar, flour, butter and often nuts, which bakes into a crisp topping that offers much of the satisfaction of a pie with a lot less work, fewer calories and less fat. You can substitute many kinds of fruit for the rhubarb strawberry mix, or use all rhubarb. Just figure on about 5 cups (1.25 L) sliced fruit, peeled if desired, and add sugar and lemon juice according to the fruit's sweetness. For juicy fruits such as peaches and berries, add 2 tbsp (30 ml) more flour to fruit mixture. Makes four to six servings.

INGREDIENTS:

Topping:

• 1/3 cup (75 ml) sliced almonds

Great recipe for spring



In this recipe you can substitute many kinds of fruit.

- 1/3 cup (75 ml) all-purpose flour
- 1/3 cup (75 ml) lightly packed brown sugar
- Pinch salt
- 3 tbsp (45 ml) cold butter, cut into 1/4 inch (5 mm) pieces

Fruit Mixture:

- 4 cups (1 L) sliced rhubarb (1-1/2 lbs/750 g), about 1/2 inch (1 cm) slices
- 1 cup (250 ml) halved (or quartered if large) straw-

- berries
- 2 tbsp (30 ml) each: all-purpose flour, brown sugar and granulated sugar
- 1 tbsp (15 ml) fresh lemon juice

METHOD:

Preheat oven to 350 F (180 C). While oven is heating, spread almonds in a rimmed baking sheet. Bake until just golden and fragrant, 6 to 8 minutes.

Do not allow them to brown.

In small food processor, place almonds, flour, brown sugar and salt, process until a fine meal. Transfer to a bowl. With fingers work in the butter until mixture is very crumbly. Refrigerate 15 minutes or up to 2 days (covered and refrigerated until needed).

Butter a 6 cup (1.5 L) baking dish. In a large bowl, combine rhubarb and strawberries. Combine flour, brown sugar and granulated sugar; sprinkle over fruit and toss well. Sprinkle with lemon juice and toss again. Spread fruit evenly in baking dish and spread topping over all.

Bake until fruit is bubbling and top is browned, 40 to 50 minutes. (If top is browning too quickly, cover with foil.) Serve warm or at room temperature.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

Beauty of the blend

The lexicon of liquor has many baffling entries, some of which need more explanation than an episode of Lost.

Take the term "blend." Consumers are just fine associating it with scotch, but in our single varietal world there seems to be a stigma attached to the idea that wines can be a mix of different grapes.

If you believe that, consider this. The concept of blending grape personalities is the foundation of some of the finest wine regions on Earth: Think France's Bordeaux and Champagne, Italy's Veneto and Portugal's Douro Valley.

Some grapes naturally go together. Others may seem unlikely but create magic in the bottle. The **2007 Hardy's Stamp Series Chardonnay Semillon (\$9.95 - \$11.99)** from Australia is a good example. You wouldn't think the pair would make a likely couple, but the chard offers a rounded, buttery flavour that's massaged nicely by the slight honeyed flow of the semillon.

How about a marriage of chardonnay, muscat and chenin blanc? The **2007 Folie à Deux Ménage à Trois White (\$17.99 - \$19.98)** is a jazzy Californian combo that shows lots of citrus, melon and ripe exotic fruit flavours while perfectly illustrating that the art is definitely in the blend.

Prices reflect the range across the country. Some products may not be available in all provinces.

In brief

EAT REAL, EAT LOCAL According to the Harris-Decima survey, a whopping 86 per cent of Canadians say they prefer to eat locally sourced food, with 77 per cent saying they are willing to pay more to do so. The new survey was sponsored by Hellmann's in support of the new Eat Real, Eat Local campaign which encourages Canadians to select real, local ingredients. Hellmann's will donate \$25,000 to Evergreen to support local food resources when 100,000 actions or pledges are made on the EatRealEatLocal.ca web site and online.

METRO NEWS SERVICES

Local Savour

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Open since 1992, Darrell's is one of the city's favourite eateries for its old fashioned milkshakes, veggie burgers and hamburgers the best in HRM. It also makes a great club sandwich and pita sandwich, and its peanut butter burger gets high marks as well.

LORIELLA ZANETTI



Personal Gourmet recipe of the month

ROSE REISMAN

Triple Chocolate Brownies

You'll never taste a brownie so rich tasting and addictive than this one. The extra benefit is that it is also lower in fat, calories and cholesterol due to the use of oil, cocoa and light sour cream.



INGREDIENTS:

- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract
- 1/3 cup unsweetened cocoa powder

- 1/3 cup all-purpose flour
- 1 tsp baking powder
- 1/4 cup low-fat yogurt or sour cream
- 1/4 cup semi-sweet chocolate chips
- 1/3 cup light cream cheese
- 2/3 cup icing sugar
- 1-1/2 tsp unsweetened cocoa powder
- 1-1/2 tsp water
- dusting of icing sugar

METHOD:

Preheat the oven to 350 F. Spray an 8-inch square pan with cooking oil.

For the brownies, combine the sugar, oil, egg and vanilla in a bowl and mix well. Add the cocoa, mixing it in well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't overmix.

Pour the batter into the prepared pan. Bake in the center of the oven for 15 to 20 minutes, just until set. Do not overbake. Cool on a rack for 15 minutes before icing.

To make the icing, place cream cheese, icing sugar, 1-1/2 tsp cocoa powder and water in a blender or food processor and process until smooth. Spread over the top of the brownies.

Cut into squares and garnish with a dusting of icing sugar, or drizzle melted dark and white chocolate overtop.

PREP TIME: 10 MIN

COOK TIME: 20 MIN

SERVES 12

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit rosereisman.com & personalgourmet.ca

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Calories:	140



Peter Rockwell is the everyone's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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BAREFOOT FOR A CAUSE

In 2001, a heart-broken Bilaal Rajan saw photographs of people whose lives had been taken or ruined by the earthquake in Gujarat, India. The four-year-old boy sold Clementines door to door in his southern Ontario neighbourhood to raise money for the victims.

"It truly wasn't fair that these people, just because they lived in different places, should have to suffer such tragedy," he says. He saw they needed someone to help them. "I came back to myself here in Canada and I realized that that person could be me."

Rajan has since raised millions of dollars to help orphans, build a school in Tanzania, assist people hit by hurricanes in Haiti and the tsunami in South-East Asia. Rajan is still only 12.

Last month, he spent a week walking barefoot to raise money and awareness for poor kids around the world. Thousands of people in ten countries joined in. "I had about four blisters, seven spider bites, I stepped on some glass, I almost stepped on a nail, but I guess that's life, right?" he says.

"The thought that carried me through the week was, if others can do it for their whole lives, why can't I do it for a week?"

His first trip abroad was to South-East Asia after the 2004 tsunami, followed by a trip to Malawi in 2005.

Rajan is excited about his latest project, SudokuHub.com. The web fundraiser is to be launched late summer or fall and will let players turn games into food. For every number solved, a package of "plumpy nuts," a healthy snack, is donated to a malnourished child.

Beyond that, he wants to continue



Bilaal Rajan, has written a book, founded an organization and is a child ambassador for UNICEF Canada.

being an activist. "As a career, I'd like to be an astronaut and a neurosurgeon," he says.

Bilaal Rajan has packed a lot into 12 years. He's written a book, *Making Change: Tips from an Underage Overachiever*, and turned that into a website, MakingChangeNow.com, to reach his goal of getting one million

kids involved in their communities.

He founded an organization, BilaalRajan.com, to focus his fundraising efforts. He's a child ambassador for UNICEF Canada, was named a junior citizen of the year and numerous other honours. Oh, and he speaks English, French, some Spanish, Mandarin and Swahili.



Hungry cat a lifesaver

Twelve-year-old Bilaal Rajan isn't the only one helping others. Angela and Peter Papdimitriou always knew their cat Nemo was a special gift in their lives but they never could have expected Nemo would give them back the gift of life.

Nemo has made a habit of waking



up Angela and Peter for breakfast every morning with a warm, furry cuddle. One morning last September, Angela awoke to find Nemo behaving far more frantically than usual.

Angela tried to get her husband's attention to see if he knew what Nemo was getting



at when she discovered Peter wasn't breathing and didn't have a heartbeat. Paramedics arrived and successfully

Spelling his way to victory

There was nothing fishy about the way Zakhar Husak performed last weekend. The home-schooled Husak correctly spelled "caviar" to clinch his victory in the primary division of the Spelling Bee of Canada 22nd Annual Championship at the Delta Chelsea in Toronto on Sunday. The eight-year-old beat out 28 children, ages six to eight, to take the title.

Zakhar won \$1,000, a trophy and a number of other prizes. Also placing in the annual bee's primary division were Niu Niu Wang, from Windsor, Ont., in second place, and Toronto's Neherika Nair winning third place. Both are eight years old.



Kid wears his pride on his shirt

An eight-year-old Canadian boy named Eric is on top of the world after his t-shirt design was picked from hundreds of submissions around the country to represent Canadian pride.

His shirt, titled *Proud to Be Canadian*, shows a red-and-white maple leaf background with a cute cartoon beaver smiling and holding a hockey stick.

Proceeds from sales of the shirt he designed will go to provide safe, fun, healthy activities at school for children in kindergarten through the seventh grade, showing that little Eric not only has talent but a heart of gold as well.



restarted Peter's heart, telling Angela that if they had arrived even a few minutes later, Peter might not have made it.

Angela credits Nemo with saving her husband's life. "That morning if he hadn't been so persistent and woken me, it could have been too late. Nemo is a little angel," Angela said.

Peter had open-heart surgery that day and is back home in stable condition thanks to the skilled doctors and the cute, pudgy feline cuddle-lover who saved his life.



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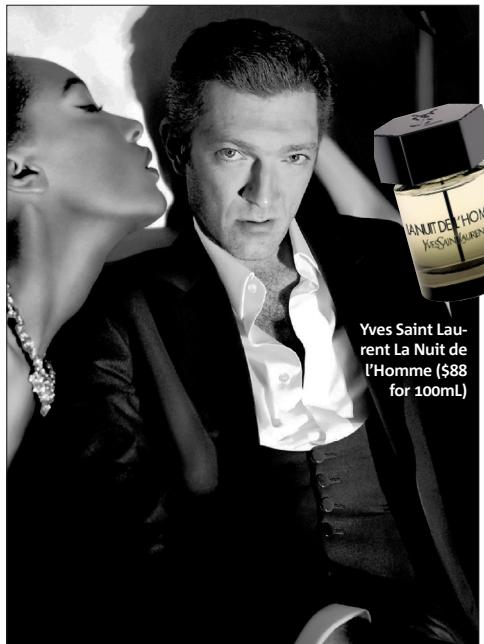
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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Yves Saint Laurent La Nuit de l'Homme (\$88 for 100mL)

Here comes the sun! We've got all the top products and expert advice, only in our June issue!

Night Moves

Vincent Cassel brings sexy back with La Nuit de l'Homme

By RITA SILVAN
Editor-in-Chief

What could be more seductive than hot French actor Vincent Cassel in a black tuxedo, descending the steps of the Grand Palais while several alluring models aim to slow him down?

Cassel is the face of the new Yves Saint Laurent fragrance for men, La Nuit de l'Homme. And on the night of the fragrance launch, appropriately set at the Musée de l'Homme in Paris, there was an audible gasp from normally jaded fashion editors as

the perfume commercial was shown. Shot by Cassel's friend Gaspar Noé, the video perfectly captures a city in which people aren't too tired to have sex. More than once. A day. Taken a bit by surprise by the guests' reaction to his unconventional sex appeal, Cassel remarked: "This video refers to the Paris touch, which is a good thing. You can be louche, as long as you do it with style and elegance!"

The best way for a man to seduce a woman, he says, is "to keep a bit of distance but also have a straightforward attitude." And the secret to his relationship with bombshell Monica Bellucci? "Freedom — and don't take things too seriously."

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Nickelback, Fernandes lead hunt for MMVAs

Nickelback and singer Danny Fernandes lead the way with five nods each as the 2009 MMVAs nominations were announced yesterday. The 2009 MMVAs airs live Sunday, June 21, at 9 p.m. ET, on MuchMusic. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Suicide doctor**

Al Pacino will star in a biopic about Jack Kevorkian, the right-to-die doctor who made headlines during his campaign to assist patients determined to commit suicide. EMPIREONLINE.COM

***** A CLASSIC; ***** EXCELLENT; *** GOOD; ** FAIR; * POOR

The goth rocker with a heart

Marilyn Manson

Album: The High End of Low
Label: Interscope/Universal
Rating:



THE DEBATE HAS already started among Marilyn Manson fans. Has our goth-rock shock trooper refused his old toxic self? Or is he merely slowing down his slide into a form of middle age introspective goo that even parents can find secretly listenable ... sometimes ... after dark ... like, way after the kids have gone to bed. Who cares? Listen to this album for what it is and not what you want Marilyn to be. He delivers a stylishly sophisticated album that's as much

Bowie-esque culture croon as it is lyrically offensive. There are parts that seem more manufactured than industrial, especially the single "Arma-godd**n-mother-f**kin-geddon. But there are also frighteningly intense scenes of self-doubt. Yes, Marilyn does have a heart. No doubt, the old fans will want to rip it out.

Graham Rockingham/for Metro Canada

Mandy Moore

Album: Amanda Leigh
Label: Sony Music
Rating:

IT'S HARD NOT to feel for Mandy Moore. She came into the music world with Britney-like



Marilyn Manson is back with a new album, the stylishly sophisticated *The High End of Low*.

candy pop, and she's been trying to shed that image ever since. Her latest effort *Amanda Leigh*, named after the singer's first and middle names ("this is the real me!" she's saying), pushes her even farther away from the old days.

This is a schizophrenic collection of folk, adult

pop and the occasional rocker. The standouts are definitely the louder tracks and the more classic folk tunes, but the bouncy, cheesy track "Pocket Philosopher" and the musical-like, instrumental reprise of *Merrimack River* should have been shown the door.

Bryan Borzykowski/for Metro Canada

Tori Amos

Album: Abnormally Addicted to Sin
Label: Universal Republic/Universal
Rating:

AFTER TORI AMOS' ambitious *American Doll Posse* failed to resonate with the buying public, the quirky pianist returned with a relatively

MusicReviews

music@metronews.ca



straight-up affair. However, her latest is still a pastiche of sounds, from the trip-hop gothic opener to the mundane ballad *Maybe California*, this record appears to have something for everyone. While there are plenty of interesting moments, like Strong Black Wine's Zeppelin-like violin, other spots — the boring *Not Dying Today* for one — should teach Amos to use an editor next time.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

critics'corner**Henry Poole Is Here**

After being diagnosed with a terminal illness, Henry (Luke Wilson) buys a home in his childhood neighborhood and moves up to live out his last days alone. But that proves difficult when a neighbor (Adriana Barraza) sees the face of Jesus in a water stain on his wall, and seemingly miraculous occurrences begin. Radha Mitchell, George Lopez, Rachel Seifferth and Morgan Lily also star in this inspiring but not cloying 2008 dramedy. 10 PM on M1

**Edward Scissorhands**

In this visually stunning 1990 Tim Burton film, Johnny Depp managed to squeeze tears out of viewers' eyes as the young man created from bits and pieces by a nameless inventor (Vincent Price). Unfortunately, the old guy dies, leaving Edward all alone — until the Avon lady (Dianne Wiest) comes calling. She brings him home to meet the family, and he becomes the toast of the town. Winona Ryder stars as the young woman who risks blood loss to love him. 10 PM on V

**For May 27th**

- 9 Sean Kingston - Fire Burnin
- 9 Candy Coated Killahz - Playboy
- 9 Katy Perry - Waking Up In Vegas
- 9 Elise Estrada - Poison
- 9 Keri Hilson Ft Kanye West & Ne-Yo - Knock You Down
- 9 Black Eyed Peas - Boom Boom Pow
- 9 Eminem - We Made You
- 9 3OH!3 - Don't Trust Me
- 9 Jamie Foxx Ft T-Pain - Blame It

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5/28/09 primetime	31	31	31	ABC	News (N)	ABC 101 News	Inside Edition	Chronicle	2009 Scripps National Spelling Bee (HDTV) (Live)	Grey's Anat.			
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Greek (N)	Wife Swap	Grey's Anat.			
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	22 Minutes	Laughs	Polar Bear Fever	Pet Food: A Dog's Breakfast	National		
	2	2	2	CBC-F	Urgences	Des sœulettes	Gars fille	Perdus (HDTV) (SC)	Bons baisers de France (SC)	Le Téléjournal			
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Murder 2.0"	CSI: Crime Scene Investigation	Without Trace		
	69	69	69	CFTM	TVA 18 heures	Sacré-salé	Dépenses xtr	Marché	Dr. House (HDTV) (SC)	Destination Nor'West (SC)	TVA 22 heures		
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	9	9	9	CJCH	etalk	Hollywood	(8:01) Without a Trace		So You Think You Can Dance	Auditions continue. (N)	News (N)		
	10	10	10	ELTV	(6) EastLink Television				Podium TV	EastLink Television			
news	36	36	36	FOX	Deal-Or-Deal	The Simpsons	Two/Half Men	Two/Half Men	So You Think You Can Dance	Auditions continue. (N)	Fox First		
	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Name Is Earl	30 Rock	The Office	30 Rock	The Office
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	National		
	4	4	4	PBS-D	NewsHour With Jim Lehrer	Greater Boston	Basic Black		Live From Lincoln Center "New York City Ballet's Romeo and Juliet" (N)				
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Yankee Shop	Ask This Old Michigan	MI-5		
	68	68	68	TQS	Rire et dérire	Chemin du golf	Loft Story	Avec Albert	Vengeance amoureuse (2005, Suspense) Alexandra Paul. (SC)	110 pour cent			
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Squeeze Play	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight	Campbell Brown: No Bias		Pinks - All Out (HDTV)	Pinks - All Out (HDTV)	Wrecked (N)		
	54	54	54	GOLF	Golf Central	Big Break	Haney Project	Haney Project	PGA Tour Golf	Crowne Plaza Invitational -- First Round. (HDTV)			
sports	52	52	52	RSE	Hockey Central	Sportsnet Con.	Billiards: U.S. Open Nine-Ball	UFC: Access	MMA Conn	Best Damn Sports Show	Sportsnet Con.		
	55	55	55	SCOR	(6) HSR	Canadian Poker Tour	Hardcore Champ. Fight	Poker Challenge			Score Tonight		
	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	Pinks - All Out (HDTV)					
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey E:60 (N)	NBA Basketball: East Final - Magat at Cavaliers					
	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Joe's Apartment (1996)		
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Little Bear	Maggie-Beast	Comfy Couch	
	27	27	27	YTV	Drake & Josh	Family Biz (N)	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life	Falcon Beach	
	16	16	16	A&E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 "Blackout"	Crime 360 (N)			
family	70	70	70	APTN	News (N)	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	5th World (2005, Drama) Livandrea Knoki			
	50	50	50	BET	106 & Park: BET's Top 10 Live "Top 10 Countdown"	Totality	Shaye: This Is It	Home Improve.	Home Improve.	House Party 4: Down to the Last Minute (2000, Comedy)	College Hill		
	37	37	37	BRVO	Street Legal	Storytellers	Snapshot	Bathroom Divas-Opera Star	Pink Ludos ** (2004, Comedy-Drama)				
	25	25	25	CMT	Totally	Totally	Shaye: This Is It	Home Improve.	Reba	Reba	Hop & Faith		
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP	
	153	153	153	COURT	Truth, Duty, Honour	World's Wildest Police Videos	Body-Evidence	Dumb Criminal	Navy SEALs: Untold Stories	Police Videos			
	38	38	38	DISC	How It's Made	How It's Made	Day Planet (N)	Machines of Malice	Machines of Malice	MythBusters			
	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	Holmes in New Orleans	Disaster DIY	Big Amazing	House Hunters		
	46	46	46	HIST	Go Deep "Wired Sharks"	NCIS "Internal Affairs"	Ancient Discoveries	Go Deep "Wired Sharks"	NCIS				
cable variety	17	17	17	MM	Daddy's Girls	Degrassi: TNG	One Tree Hill	Technical Diff.	Technical Diff.	Daddy's Girls	Degrassi: TNG	MuchTopTens	
	19	19	19	MM	mmtop10.ca	The Daily Fix	Ranked!	Storytellers Kid Rock.	Storytellers Kid Rock.	Entourage			
	20	20	20	MT1	The Bucket List	Down to the Dirt (2008, Drama) Hugh Dillon, Joel Hyne.		Henry Poole Is Here ** (2008)					
	48	23	23	OLN	The Amazing Race 2	Bounty Hunter	Bounty Hunter	Departures	Mantracker	Bounty Hunter			
	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Friends	Friends	Deep Blue Sea		
	206	206	206	PIX	(5:40) Lethal Weapon 4	(7:50) Major Dundee *** (1965, Western)			Collateral Damage *	(2002, Action)			
	67	67	67	RDI	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct				
	39	39	39	SHOW	Wif Swap	The Outer Limits	Love-Death	Love-Death	Trailer Park	Trailer Park	Sin City		
	40	40	40	SLICE	The Mom Show	Skin Deep	Til Debt-Part	X-Weighted "Diane"	X-Weighted	X-Weighted	X-Weighted		
cable variety	47	47	47	SPACE	Stargate SG-1 "Fallen"	Stormworld	Grand Star	Star Trek: Voyager	The Adventures of Pluto Nash *	(2002)			
	14	14	14	SPIKE	CSI: Crime Scene Investigation	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)					
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show	TMZ (N)	100 Sexiest Stars	Tonight Show			
	21	21	21	TLC	What Not to Wear	Overhaulin' (HDTV)	American Chopper	American Chopper (N)	Friends	Friends	Deep Blue Sea		
	56	34	34	TROP	What Happen? What Happen?	Vanity Insanity	Inside Hollywood (DVS)	Seinfeld	Seinfeld	Raymond	Family Guy		
	20	20	20	TV5	Que! champion	Journal de Fr2	Destinations	Fourchette	Club social	Envoyé spécial			
	28	28	28	TV5	Ekhaya - A Family Chronicle	Murder, She Wrote	Wait for God 'Ali, 'Ali!	Edward Scissorhands *** (1990, Fantasy)					
	60	97	97	VIVA	Mysterious Ways	Judging Amy	Most Haunted	Most Haunted	Most Haunted	Passion			
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	Confidential	Save Us-House	Divine Design	
251	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Smallville "Prey" (HDTV)	Supernatural (HDTV)	WGN News		



Celebrity Buzz

Mel and Oksana's new life

EVERYDAY LIFE So how do the original Sexiest Man Alive and his musician girlfriend spend their time together? Work, work, work, say family and friends — and then a little low-profile playtime, people.com reports.

By day, Mel Gibson, 53, and Oksana Grigorieva, who is pregnant with Gibson's eighth child, are hard at work at their respective careers — Gibson tending to film projects at his Santa Monica office while Grigorieva keeps busy making music at her house in Sherman Oaks, Calif.

"(Oksana) spent the last nine months locked up in a studio," her mother Lyudmila Chernukha, a retired music teacher, tells People of her daughter's collection of new songs — all of which Oksana, 39, wrote, arranged and sang herself. Once work is over for the couple and the school bell has rung for Grigorieva's son, Alexander, 11, it's family time. The musician and her son will often meet up with Gibson — who has initiated divorce proceedings with his wife, Robyn — at his office or his Malibu home, sometimes dropping by a Russian restaurant that serves dishes from Grigorieva's homeland: Borscht, chicken Kiev and sturgeon.

"It (seems) very im-



Prince Harry's good deed

FEEL-GOOD When he visits New York this weekend, Prince Harry has more to focus on than action on the polo field and fundraising for his Sentebale charity for African children. He'll pay special attention to the sacrifices made by servicemen and women around the world, people.com reports.

With this in mind, he has helped facilitate a dream trip to the U.S. for a young British marine who lost both his legs in a blast in Afghanistan. Commando

Joe Townsend, 21, was horrifically injured when he stepped on an anti-tank mine in Helmand province last year. Harry, 24, was serving in the same region (though they were not together) at the time.

While they are not travelling together to Manhattan, the pair will meet up privately during the prince's two-day stay. The veteran will join the prince on a tour of the facilities of a post-traumatic stress disorder treatment clinic at the Veterans Affairs Medical



portant to Oksana that Mel and her son bond," says a source. "Mel is fun to be around and great with kids."

At the end of the evening, the two typically returns to their separate homes so Grigorieva can get her son, whose dad is actor Timothy Dalton, off to a local school in the mornings. "She gets on well with Timothy Dalton, he is the father of her son after all," says Grigorieva's mother. "They parted on good terms and they see each other a lot."

METRO NEWS SERVICES

Halle's online chat escapes

CREEPY Halle Berry finds fame so lonely, she has used the Internet to find friends, femalefirst.co.uk reports. The actress admits in the past she has used websites to meet people and have "normal" conversations, away from the superficiality of Hollywood.

But she insists she stopped short of ever romancing a cyber companion.

Berry explains, "I never went so far as a date. But I've gone online and pretended to be someone else, in an attempt to have some anonymity."

"I've tried, many times, to have a normal conversation when celebrity wasn't a part of it. Some-

times it worked and at other times it became a little weird. "The reason I did it was I wanted to remember what it was like to have a real, honest exchange with someone and to be treated normally."

METRO NEWS SERVICES



Celebrity uproar over Twitter TV show

PROTEST Demi Moore and Ashton Kutcher

have threatened to close their Twitter accounts if bosses of the social networking site enter into a proposed agreement to launch a reality TV show, femalefirst.co.uk reports.

Hollywood trade magazine Daily Variety reports the San Francisco-based company has partnered with TV producers on an unscripted show,

which fans try to track down celebrities via the Internet — and the news has upset Tinseltown's leading tweeters.

In a post on Monday, Kutcher wrote, "It's all fun and games until somebody gets stalked."

And his wife added, "I hope this isn't true — if it is our Twitter time may come to a quick and sad end."

But Twitter co-founder Biz Stone insists there's "no official Twitter TV show" and the news relates to a "lightweight, non-exclusive agreement" he has with TV producers.

METRO NEWS SERVICES



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Center in Manhattan.

The original idea came from New York Mets owner Fred Wilpon, who approached royal staff and said he would pay for the trip. Harry — having heard of what he went through — nominated war hero Townsend. The New York visit will be Harry's first official tour to the U.S.

METRO NEWS SERVICES

SETTING

UP Christie Brinkley says her days of chasing younger men are over, and she'd much rather spend her time helping her 23-year-old daughter, Alexa, find love, according to Contact Music. In fact, she already has a man picked out

Christie the matchmaker

for her: John Mayer. "He's perfect dating material for my daughter," Brinkley says. But how would Alexa's father, Billy Joel, feel about it?

METRO WORLD NEWS



Evangeline's accidental diss?

LOOSE TONGUE Did Lost's Evangeline Lilly accidentally diss Angelina Jolie? Asked in the new issue of Women's Health which Hollywood A-lister she admires most, Lilly says Jolie, usmagazine.com reports.

Why? "No one knows that woman; she's a complete ice queen, which is perfect," she explains. "Why should she be any

more? She doesn't owe us anything."

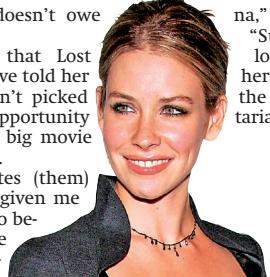
Lily adds that Lost producers have told her that she hasn't picked up on the opportunity to become a big movie star like Jolie.

"It frustrates (them) that they've given me this chance to become the next Angeli-

na," she says. "Sure, I'd love to be her, but just the humanitarian side."

METRO NEWS SERVICES

GETTY IMAGES



Brolin headed for doghouse?

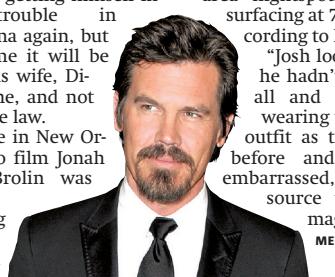
OOPS Looks like Josh Brolin may be getting himself into trouble in Louisiana again, but this time it will be with his wife, Diane Lane, and not with the law.

While in New Orleans to film Jonah Hex, Brolin was spotted "getting cozy" with a

young woman at several area nightspots before surfacing at 7 a.m., according to In Touch.

"Josh looked like he hadn't slept at all and she was wearing the same outfit as the night before and looked embarrassed," a source tells the magazine.

METRO WORLD NEWS



Hef looking to off-load Playboy?

BACKUP PLAN Hugh Hefner is reportedly looking to unload his floundering Playboy empire, and is looking to Virgin's Richard Branson to buy the property.

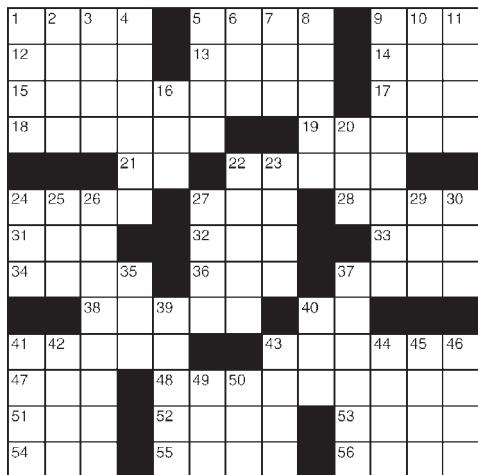
According to the New York Post, Hefner is looking for \$300 million US for the company, which has lost \$13 million already this year.

"Everyone says he'll never let go, that he'll take it with him to the grave," a source tells the paper, while a Playboy spokesperson says that though no offers have been made, Hefner would "listen to proposals that could create value for all of our shareholders."

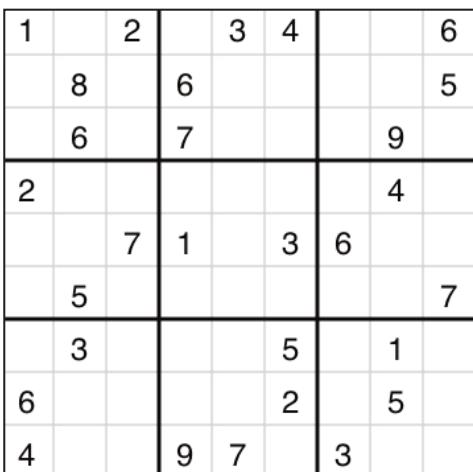
METRO WORLD NEWS



Today
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13° / 7°Friday
Showers
15° / 10°Saturday
Rain
15° / 10°

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**Horoscopes by Sally Brompton****ARIES****MARCH 21-APRIL 20**

Your financial plans may need to be rethought over the next few days. You may have trusted dodgy information: Change now or it will cost you later.

LIBRA**SEPT 23-OCT 23**

Be ready to change your plans at a moment's notice. Even the most far-sighted of Librans won't be able to see what is coming around the next bend.

TAURUS**APRIL 21-MAY 21**

Look closely at some decisions you've made in recent weeks. Were they really for the best? It's not too late to think again, but you've got to be quick.

SCORPIO**OCT 24-NOV 22**

You may be tempted to withhold your affection from someone who has let you down but if you punish them you will also be punishing yourself.

GEMINI**MAY 22-JUNE 21**

A fear or anxiety you thought was over and done with will surface again over the next 24 hours, but it's only a passing phase so don't be alarmed.

SAGITTARIUS**NOV 23-DEC 21**

If something is worrying you it is most likely just your imagination up to its tricks again. You have nothing to be anxious about — life is good.

CANCER**JUNE 22-JULY 22**

You seem to think that if you don't grab all you can get you'll miss out, maybe even starve. It's not even remotely true, so calm down.

CAPRICORN**DEC 22-JAN 20**

If you let someone get away with something they do not deserve to today they'll likely think you're weak and take more liberties in coming days.

LEO**JULY 23-AUG 22**

Certain events seem to be spiraling out of control but there is no need to worry, still less to change what you are doing. Go with the flow.

AQUARIUS**JAN 21-FEB 18**

The best way to deal with an emotional problem is to ignore it. Refuse to focus on it and you'll deny it the energy it needs to be important.

VIRGO**AUG 24-SEPT 22**

It might be an idea to think again about something you decided over the past few weeks, especially if the decision was made in haste.

PISCES**FEB 19-MARCH 20**

Something you thought was fact will turn out to be fiction today, and you won't be happy you were fooled so easily. Don't be too hard on yourself.

WORDY GURDY

BY THICKY HICKY KANK

1. Shanty overabundance (1)
2. Pump or tooter shot through the air (1)
3. Confront actress/princess Kelly (1)
4. Not-as-high-up seamstress (2)
5. NBA star Kobe's customers (2)
6. Michigan St. alum director Scorsese (2)
7. War ditches' park furniture (2)

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Take Five**Metro Recipe of the Day****Teriyaki Lamb Chops****INGREDIENTS:**

6 scallops
2 tbsp (25 ml) sesame seeds
1/4 cup (175 ml) reduced-salt soy sauce
2 tbsp (25 ml) cider vinegar
2 tbsp (25 ml) clear honey
1 small garlic clove, finely chopped
3/4 tsp (4 ml) ground ginger
8 bone-in lamb loin chops, trimmed
1/2 lb (250 g) Chinese vermicelli
4 carrots
1 red pepper
1/2 of 1 can (398 ml) whole baby corn, drained
1 1/2 tsp (7 ml) cornstarch

METHOD:

1. Cut 2 scallions into thin slices and rest into 1 1/2-in. (4-cm) pieces. Toast sesame seeds in nonstick frying pan, 3 minutes. Remove from heat. Stir in soy sauce, vinegar, honey, garlic, ginger and sliced scallions.

2. Roll narrow end of chops into medallions and secure with toothpicks. Place in baking dish and pour in soy sauce mixture. Cover and refrigerate 1 hour.

SERVES 4**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

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